



The OAK LEAF

NAVAL MEDICAL CENTER, OAKLAND
Friday, January 11, 1974

Vol. 36, No. 1

Costs Up, Even For Military

The new year saw the hospitalization fees for dependents at all military hospitals go from \$1.75 to \$3.50 per day, and meals are up an approximate 30 per cent.

For medical service, there has long been a criticism of the military for maintaining a system of free or nominally priced medical services while pay rates upsurged. Defense Secretary James R. Schlesinger noted that there has been a 99 per cent increase in military pay and benefits since 1966, yet the increase in hospitalization is the first in a quarter century. In the future hospitalization rates will be reviewed annually. The charge for the military is still far below rates charged by civilian hospitals.

In the area of food costs, the skyrocketing prices which have hit on the outside have not favored the military either. They, too, must pay more, and pass some costs on. Complaints, however, in the dining room lineups have not been too severe. As one regular was heard to comment, "It's still the best eating for the money anywhere in the area."

Naval Medical Center To Host Dentists

Naval Medical Center, Oakland, is a favorite meeting place for the Alameda County Dental Society. About 150 members are expected to be here January 15 at the Officers' Mess (Closed) to hear a talk on fluoridation, scheduled to be voted on in the November elections.

The Chief of Dental Service, CAPT H. S. Samuels, suggests that the year 1974 promises another pitched battle for the cause of water fluoridation for Oakland and the immediate vicinity. At the January meeting, Dr. Harold C. Hodge, a most knowledgeable speaker on the subject, will share his expertise in helping dentists field questions about fluoridation from patients, friends and antagonists.

Dr. Hodge was technical advisor on fluoridation of water supplies to the New York Department of Health. He has written over 50 scientific papers on various aspects of fluorides, collaborated on texts and won special awards of both state and national research societies.

Two To Instruct UPWARD Program



HMC A. J. Lewis and ENS F. H. Maurer, MSC, seated with RADM R. E. Faucett, are qualified race relations educators who, on January 9, started the first seminar to be conducted at NMC on Understanding Personal Worth and Racial Dignity (UPWARD).

In compliance with OPNAV Instruction 1500.42, each staff military personnel must complete at least 20 hours of race relations studies each year. The plan is to include 15 personnel in each class and have classes start every week. They will be held in the Officers' Club from 8 a.m. to 4 p.m., Wednesday, Thursday and Friday.

The Commanding Officer has completed his requirement in an Executive Seminar held at San Diego. Chiefs of Services will receive their training under Race Relations Education Specialists from Treasure Island, and those classes are tentatively set to begin in March.

Interested officers and enlisted men who wish to be scheduled for the first few seminars should submit their names to Chief Lewis at Staff Sick Call between 9 and 11 a.m. and 1 and 3 p.m. (Ext. 2366). All personnel completing the course will receive a Certificate of Completion which will be made a part of official records.

THE SHORT SHEET

Travel Pay Bill Sent to President

If signed, a bill making PCS moves from one duty station outside CONUS to another outside CONUS will affect members who don't have dependents or those who are moving to or from an isolated duty station where dependents cannot accompany their sponsors. Personnel will receive travel reimbursement from their first overseas duty station via their home of record to their new duty station. In the past the pay was only for the distance between the two stations.

Energy Crisis Taken Into Account In Delay In Reporting

Commanding Officers are encouraged to grant full delay in reporting and full travel and proceed time entitlements during the national energy crisis, which may cause some personnel to need extra time in getting to a new duty station. Requests for modification of orders for earlier transfer may also be requested if combined Delrep, travel time, proceed time and optional leave will result in an individual's reporting late for predetermined activities.

Enlisted Women May Wear Men's Denim Dungarees

In the past, enlisted women in jobs requiring working uniforms were limited to wearing the women's work uniform, which are being phased out. The new enlisted working blues or the men's denim dungaree-chambray shirt uniform are now authorized.

Officer Fitness Reports Change Evaluation Procedures

New officers will be evaluated on a numerical basis in relation to their fellow officers, rather than by terms "outstanding, excellent, very good, satisfactory and unsatisfactory." The new performance grading format looks at specific aspects of performance, warfare specialty skills, subspecialty performance, mission contribution and personal traits.

Emphasis on Navy's Quality Recruiting Continues

In recent signups, 84 per cent of the new recruits for the Navy were "A" school eligible and 72 per cent were high school graduates; less than 3 per cent were mental Group IV category personnel.

MERRITT APPOINTS HAMPTON ADVISOR

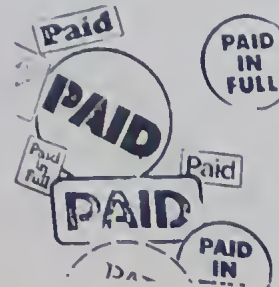
The President of Merritt College has appointed HMC Joe Hampton, CRT, as a member of the Radiologic Technology Advisory Committee for that college. The assistance of the advisory committee helps Merritt shape policies and gear progress to modern training needs, thus better serving its students and the community.

Under a cooperative system with the college, four students, Larry Fernandes, Carole Kubicki, Arthur Mitchell and Mary Jane Petersen, on April 19, 1973, began training, 20 hours a week, in the Radiology Service at Naval Medical Center, Oakland. On January 28, 1974, those students will enter a 9-month 40-hour-per-week training period working toward an Associate of Arts degree with eligibility to take the State examination to qualify as radiologic technicians.

CU Pays 7%

A seven per cent dividend has been declared by the Alameda Coast Guard Federal Credit Union for the period July 1 through December 31, 1973. Naval Medical Center's manager, Peggy Griffin, states that there is every reason to believe the rate will prevail during the coming period. One of the main differences in the passbook account and the certificate account is that the later guarantees the rate of interest to be seven per cent.

The Alameda FCU membership fee has been increased from 25 cents to \$1.00. New accounts are welcomed, and Peggy is ready at extension 2521 to answer questions.



SEE
YOUR
CREDIT
UNION
Phone
2521-2522

The Oak Leaf

NAVAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services
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THE OAK LEAF receives American Forces Press Service material. Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Medical Center, Oakland, California 94627.

+ + Chaplain's Corner + +

GOOD NEWS

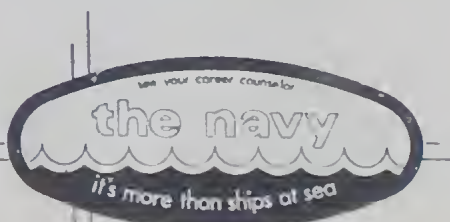
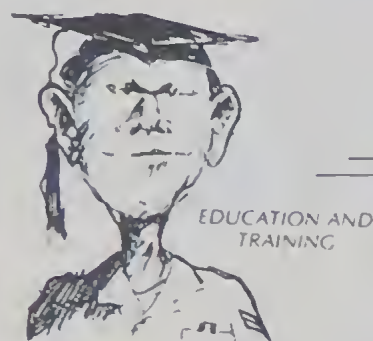
In the fourteenth chapter of Acts is recorded a statement made by Paul during one of his missionary journeys which would sound especially welcome to us today. He said, "We bring you good news." Now, that would be a novel report in these days! There just isn't much good news available. Newscasters report on scandals and violence, accidents and crises—but no good news.

The truth is that there is a lot of bad news to report. But there is also some good news. And, because we have the faith that prompted Paul to spread his good news long ago, we should be calling attention to it.

The bad news is that we are sinners; the good news, that God has forgiven us. The bad news is that we must die; the good news, that we shall rise to eternal life. The bad news is that God is a righteous judge and we stand guilty of breaking His laws; the good news, that He loves us in Christ—and loves those to whom we take our good news.

We, like Paul, are ordinary people with a difference: we have good news!

CAPT JOHN E. THOMPSON, CHC, USNR



COLLEGE AND
COMMISSIONING PROGRAMS

If you've been thinking about changing your status from enlisted to officer in the United States Navy, now is the time to start working towards that goal.

Why would an enlisted member want to become an officer? A few of the added benefits include higher pay and allowances and an increased share of the responsibility in running a ship or station.

To become an officer, a Navy member must possess certain skills and knowledge obtainable only through higher education. Many Navy members, however, come from educationally deprived or culturally differentiated backgrounds. To alleviate this problem, the Broadened Opportunity for Officer Selection and Training (BOOST) Program was begun.

Through BOOST, personnel are prepared for entry into the Navy Academy, the Naval Reserve Officer Training Corps (NROTC) or the Navy Enlisted Scientific Education Program (NESEP). Personnel selected for BOOST undergo tailored instruction in mathematics, physical and social sciences, and communications skills of reading, writing, listening and speaking, in preparation for competing for entrance in officer programs.

One of the programs BOOST applicants may apply for is NESEP. Under this plan, members receive up to four years of college education leading to a commission. NESEP officer candidates are normally commissioned in the Unrestricted Line category, but some may be commissioned as Restricted Line and Staff Corps provided they possess a master's degree and enlisted experience associated with the desired specialty or corps. Additional facts on BOOST and NESEP are contained in the Bureau of Naval Personnel Manual.

Information about all programs leading to commissions may be obtained through your command career counselor.



ARTHUR MITCHELL and Mary Jane Petersen are pictured in the early stage of their training, under a cooperative program with Merritt College, learning which button to push and how to position an ankle for proper X-ray treatment.

Who's Been Doing What SEE YOU, At The Fair



In the What's Doing at Naval Medical Center, at least once a month a number of detailmen from local and national pharmaceutical companies hold a drug fair in the room across from the Clinical Assembly. Book publishers are frequently there too, calling attention to the latest volumes of interest to the medical profession.

Interns, doctors and nurses wander in and pick up tidbits on the latest information for prevention or cure of disease; sometimes they linger long enough for a full explanation, or they depart with a handful of literature for later perusal.

Occasionally an individual will stroll in and receive a gargle sample or throat disc, vitamin or whatever. The individual may not understand what Organon's "unique nondepolarizing neuromuscular blocking agent Pavulon" might do, and it matters not that it is pancuronium bromide. Quite important, however, is whether those

delicious puffy doughnuts are being served.

At the January fair, Mr. Richard London of J. B. Lippincott Company called attention of several visitors at his booth to a book by a former Chief of Pediatrics, Delmer J. Pascoe, M.D. Dr. Pascoe brings much of the knowledge which he lists in his book "A Quick Reference to Pediatric Emergencies" to us in person. He is still available to NMC on a consulting basis.

The drug fairs are held the first Tuesday of every month and 12 to 15 representatives are usually available to furnish information on what their company has to offer.



DEBORAH HARMON is promoted to Lieutenant Junior Grade.



LT ALICIA DE PRIMA received a Letter of Appreciation for her services at NMC prior to her departure to Naval Hospital Guam.

Who's Been Doing What . . .



A BASIC SUPERVISOR DEVELOPMENT COURSE, offered here for the first time, was completed on January 7 by 23 civilian and military supervisors. The group, seeking to gain skills needed for more effective supervision, has been meeting for 11 weeks with Mr. Larry K. Bartholomew, Position Classification Specialist and instructor of the course. Employees taking the training are Phillip Harkov,

Virginia Willis, Sheila Banish, Becky Pappas, Sylvia Kaiser, Betty Simeon, Lillian Winfield, Dorothy Pye, Larry Bartholomew [instructor], CDR V. Frates, RADM R. E. Faucett [commanding officer], Julia Clause, CDR M. Ferguson, Theodore Xenakis, Joyce Bradley, Thomas Payne, Karoline Gunter, Ira Jones, Mary Phipps and Jane O'Sullivan.



THREE LITTLE HERRERAS share reenlistment day with HM1 Jose A. Herrera, who signed on for six years. Jose Herrera works in X-Ray.

HM2 JOHN BELZER reenlisted for four before transferring to Naval Hospital Puerto Rico.



ADVANCED TO HM3 are C. Robinson, PMT School; S. Baker, Urology; T. McKart, Dermatology; R. Juschka, Photo Lab; John Deas, OR; J. Bruner, PMT School.

Bits and Pieces

The Legal Service is getting ready for the income tax onslaught, Dr. Gene Reynolds of 9-West timed his marriage just right for a deduction [December 29], but his confusion about status is compounded. "I'm from Alabama; she's from South Dakota where they have no income tax. [Karen Overby of 9-South is the new bride "she."'] Is my residence hers? What do we do about tagging our car?" He had enough questions that an appointment was promptly scheduled.

Ye editor would like to confess to all the bloompers of the past year, names and pictures titled by mistake and similar commissions, and never let it happen again. However, it did happen again—the good conduct awardees pictured in the December 28 issue—last two mugs—were Stephen Lepley and Russell Wilson of X-ray, rather than HM2 Russell Wilson and HM2 L. Mirago in that order. Also, a flag football champ on page 8 of the same issue is LCDR Ronald Burton and not Barton.

But then on the positive side, HM1 David Jackson, in Supply, credits THE OAK LEAF with being the recruiter that brought him from Taipei to Naval Medical Center. You'll not be sorry, David.

"Energy conservation" so far as the sports program at NHO is concerned does not mean use of less energy really, but merely less frequently. The major changes in the program are an approximate 20 per cent reduction of 12th Naval District Invitational Meets and relocation of some events to a centrally located Bay Area site. No sport has been eliminated.

Maybe of inconsequential interest, but on December 31, 1973, there were 455 civilian women employed with Naval Regional Medical Center. The military statistics were for the women of Naval Medical Center only: 68 enlisted and 148 officers.

Navy Good Conduct Award



THE NAVY GOOD CONDUCT AWARD was earned by HM2 L. Bruner, HM3 C. Lashmet and HM3 R. Cathey.

APPLICATIONS FOR HEADSTONES and grave markers for deceased veterans are running 800 a day and are expected to exceed 200,000 by the end of fiscal year 1974, according to the Veterans Administration, which recently assumed responsibility for this program from the Army.



Scenes by the Sideline

By Ron Brown

FOUR TEAMS STILL TIED FOR FIRST PLACE

ENT, PT/OT School, Personnel, and Duplicating are still at the top of the ladder as they survived another week's games without a loss.

The first show down game will be on January 23 when ENT takes on Duplicating. In the games of January 9, OR broke a three-game losing streak by squeaking by the Interns by a score of 44-41. Gap Silva led the winners with 11 points. Britt Blum scored 14 points for the losers.

PT/OT School kept pace with the rest of the leaders with a commanding score of 58-23 over Inhalation Therapy. Ray Villarreal pumped in 20 points for the winners. Adrian Stoner netted five points for IT.

ENT squeaked by Lab by a score of 54-51. Jan Weisberg led ENT with 16 points, followed by Dave Powell with 14 points. Bob Williams and Roy Cruz led the losers with 13 point each.

In the final game of the evening, Personnel thumped CIC by a one-sided score of 61-27.

Tony Mundy led Personnel with 26 points on 12 field goals and 2 free throws. Bob Miller scored 12 points for CIC.

Next Wednesday's Games

Personnel vs Duplicating—5 p.m.
PT/OT School vs NP—6 p.m.
Interns vs Lab—7 p.m.
OR vs IT—8 p.m.
Anesthesia vs CIC—9 p.m.

LEARN TO LIVE 24 hours a day without the hollow in the low back.

NEVER BEND FROM THE WAIST to pick up any object. Bend from the knees, keeping the back as straight as possible.



MANY HOURS OF WORK are represented by the pins earned by Mary Hoffarth, Publicity Chairman of the Navy Wives Club of America No. 160. She has earned nine pins through working on projects and holding office as an enlisted wife. The sunburst pin, to which she points, stands for 1,000 points, with five points earned for each hour's work.

SCHEDULE OF EVENTS (Clip and save)

Jan. 16, 1974, Wrestling, 7:30 p.m., Invitational, NAVSTA Treasure Island
Jan. 19-27, Basketball, 10 a.m., 12ND Championships, Naval Support Activity, Mare Is., Vallejo
Jan. 30, Wrestling, 7:30 p.m., Invitational, Moffett Field
Feb. 2, Wrestling, 7:30 p.m., Humboldt State College of the Redwoods, Arcata
Feb. 4, Boxing, 8:00 p.m., Univ. of Nevada, Reno
Feb. 9, Judo, 12 noon, 12ND Championships, NAS Lemoore
Feb. 11-15, Handball, 1 p.m., 12ND Championships, NAS Moffett Field
Feb. 11, Boxing, 8:00 p.m., U.C. Berkeley, NAVSTA Treasure Island
Feb. 12, Boxing, 8:00 p.m., Navy-Intercollegiate, NAVSUPACT
Feb. 13, Wrestling, 7:30 p.m., Invitational, NAVSHIPYD, Hunters Point
Feb. 20, Volleyball, 7:00 p.m., 12ND Women's Championships, NAVSTA Treasure Island
Feb. 23, Boxing, 8:00 p.m., U.C. Berkeley, Berkeley
Feb. 23, Wrestling, 8:00 a.m., 12ND Championships, NAVSHIPYD, Hunters Point
Feb. 26-27, Boxing, 8:00 p.m., 12ND Championships, NAVSTA Treasure Island.

A SNOW TRIP. total cost \$16? You, too, may want to hop on the OAKLAND USO South Tahoe run, leaving Friday, January 18, at 6:30 p.m. Call 893-4966 for information.

WALK TALL.

Movie Schedule

Friday, January 11
THE NAKED APE—Johnny Crawford, Victoria Principal—Drama (PG)
Saturday, January 12
BEN—Lee Harcourt Montgomery, Rosemary Murphy—Suspense Horror (PG)
Sunday, January 13
RIVALS—Joan Hackett, Scott Jacoby—Suspense Drama (R)
Monday, January 14
THE LONG GOODBYE—Elliott Gould, Nina Van Pallandt—Crime Melodrama (R)
Tuesday, January 15
THE DOBERMAN GANG—Byron Mabe, Hal Reed, Comedy Drama (PG)
Wednesday, January 16
LET THE GOOD TIMES ROLL—Chuck Berry, Little Richard—Musical Documentary (PG)
Thursday, January 17
THE MACKINTOSH MAN—Paul Newman, Dominique Sanda—Suspense Drama (PG)
Friday, January 18
I ESCAPED FROM DEVIL'S ISLAND—Jim Brown, Christopher George—Action Drama (R)
Saturday, January 19
SLAUGHTERHOUSE FIVE—Michael Sacks, Ron Leibman—Comedy Drama (R)
Sunday, January 20
SUPER FLY—Ron O'Neal, Carl Lee—Action Drama (R)
Monday, January 21
LOST HORIZON—Peter Finch, Liv Ullman—Musical (G)
Tuesday, January 22
UP THE SANDBOX—Barbra Streisand, David Selby—Comedy Drama (R)
Wednesday, January 23
LEGEND OF BOGGY CREEK—Check Pierce, Wiam Stumpp—Documentary (G)
Thursday, January 24
THE HIRELING—Sarah Miles, Robert Shaw—Drama (PG)
Friday, January 25
A NAME FOR EVIL—Samantha Eggar, Robert Culp (R)

CHAMPUS Corner

The spouse of a Navy man is entitled to maternity care from either a uniformed services hospital or under CHAMPUS. Care at a uniformed services facility is dependent on the size of the professional staff, space and equipment.

When the uniformed services facility cannot provide the care, or no facilities are located in the area, the sponsor and his spouse may seek medical aid under the CHAMPUS program. To receive this aid, a Non-availability Statement (DD Form 1251) must be obtained from the uniformed service.

Prenatal care for the Navy man's wife includes all the necessary medical treatment related to pregnancy. Included are the weekly or monthly visits to a physician to monitor the pregnancy. When the mother has to be placed in the hospital to avert a miscarriage or prevent complications, the costs of the hospitalization are covered.

When the child is born to a sponsor's spouse, the child immediately becomes eligible for all medical benefits as a dependent. Mother and child now receive all the necessary checkups during the postnatal period.

Normally, dependents are not eligible for routine dental care. However, when a physician certifies dental care is necessary to prevent infection or complications, in either the mother or child, adjunctive dental care will be provided. This dental care does not include cosmetic dentistry or dental work not related to infection during the pregnancy.

Former female members of the armed services separated because of pregnancy, may be provided care in uniformed services facilities only. They are not eligible for CHAMPUS unless they are the dependent of a military member. Dependent female children of a military member are eligible for maternity care when they are pregnant. But, after the mother is discharged from the hospital, the eligibility of the child for dependent medical care is terminated. An unmarried student dependent who has passed her 21st birthday, enrolled in a full-time institution of higher learning, is eligible for health care benefits under CHAMPUS until six months after termination of her pregnancy or until she passes her 23rd birthday, whichever comes first.



"All American" A 1974 DEDUCTION

The first baby of the year born at Naval Medical Center, Oakland missed becoming an income tax claim for 1973 by 32 minutes. Erik Chester Bailey was born at 12:32 a.m., January 1, 1974, to Elaine and Major Willard E. Bailey, USA. He weighed 9 pounds, 5-1/2 ounces. LT William K. Murray, MC, USN, made the delivery.

On December 30, 1973, James Thomas Aldridge, a 10 pound, 1 ounce son, was born to Freeda and HN Richard R. Aldridge, staff member working at the information desk.

The OAK LEAF

NAVAL MEDICAL CENTER, OAKLAND

Vol. 36, No. 2

Friday, January 25, 1974



Retirement Set For Capt Sue E. Smoker, Chief Of Nursing Service

On January 31, 1974, CAPT Sue E. Smoker, NC, USN, Chief of Nursing Service, will retire after 26 years of active duty with the United States Navy Nurse Corps. CAPT Smoker commenced her illustrious naval career in 1941 at the onset of World War II when the American Red Cross started recruiting nurses for its staff. She was among the first to offer her services and was given her choice of branch of Armed Services with which to serve. The Captain said she chose the Navy because they always took care of their own, and she didn't have to sleep in a tent. In January 1942 she was placed on active duty and designated "with and beneath" an Ensign in the United States Navy. On reporting to the USNH, Philadelphia she was issued six uniforms, one cap and an assignment. She was housed with 25 other nurses in a hotel in Philadelphia.

CAPT Smoker recalls a memorable moment for her and the other nurses in May of 1942 when the Navy Nurse Corps evolved and the gold bar of an officer was placed on the uniform of its nurses.

September of that year again found her in a new field opening up to nurses, the Office of Naval Procurement in Indianapolis. The WAVES program was in its infancy and she traveled back and forth across four states recruiting officers as well as enlisted personnel for the Navy.

In March of the next year, CAPT Smoker was assigned to USNH Oakland, working as a member of a team opening up new wards to receive patients from Guadalcanal. It took one hour in those days to get from the hospital into town where she attended Sunday afternoon tea dances at the Leamington Hotel.

The French island of New Caledonia, Mobile Hospital #105, was next on her agenda. The work was hard and challenging. The Seabees proved very helpful, providing handmade crutches for the patients. The Captain recalls one young marine with an amputated leg that just couldn't be kept down. The Seabees fashioned him a peg leg on which he insisted she carve her initials. She also developed her love for gambling here, shooting craps and throwing darts



against the pros. The next four months were spent on Guadalcanal where she was promoted to Lieutenant Junior Grade.

In December of 1944, CAPT Smoker returned home and was shortly thereafter released to inactive duty where she spent the next six years teaching student nurses the finer points of nursing.

By September of 1951, CAPT Smoker again got the urge to return to the military life, reporting to USNH Philadelphia, and in April, 1952, was promoted to Lieutenant. She was then ordered to Naval Support Activity, Naples, Italy. She recalls moving the Hospital facilities into a new building in the pouring rain with wet mattresses, inoperable elevators and confusion abounding. In Naples she was the official ship's greeter for "inspecting ice" at ships' parties. She was able to travel throughout Europe, England and North Africa as a Lieutenant Commander.

Upon return to the United States, she came to Bethesda for two years then to Boston University for her Bachelors Degree. From there it was Corpus Christi, Tex., then San Diego, where she made Commander, and again overseas as Senior Nurse at Taipei, Taiwan. As a three-striper she held the Chief Nurse's position at Memphis, Tenn., aboard the Hospital Ship HAVEN; and at USNH Long Beach, she was promoted to Captain.

In July 1969 CAPT Smoker reported aboard USNH Oakland as Chief Nurse.

CAPT Smoker in recalling her naval career states that many people contributed to her career and gave her inspiration. "Every duty station has been a memorable experience and watching the Navy Nurse Corps grow and develop into the outstanding group of nurses today is very rewarding."

As to her future plans, with a twinkle in her eye CAPT Smoker states she will be returning to her hometown of Lewistown, Pa., looking for a "Yellow Ribbon 'Round the Old Oak Tree." If rumors are correct she will find every tree in town wrapped in bright yellow.

Smooth sailing, CAPT Smoker.

Friendly Handclasp Spans Ocean & Miles



NO GRUMBLING about waiting to see a doctor here. The first day the "clinic" was open, the villagers came early. The second day of Operation Handclasp and the crowds doubled and tripled those shown above.

Over mountains and ravines and into a remote village in Haiti, four Navy medical "circuit riders" egged their burros on through the heat and brush. They were taking medical and dental care to a secluded settlement. Two of those doctors were our own LCDRs Robert Nagy (ENT) and Bill McKenzie (OB-GYN).

Six hundred patients and two days later, the four picked up their kits, mounted their steeds and came out to a waiting Haitian helicopter to return to their good ship USS SANCTUARY (AH-17). They brought with them a feeling of satisfaction; they declared the venture by burro to be one of their most rewarding of the goodwill cruise "Operation Handclasp."

On the trip which the SANCTUARY made to Buenaventura, Columbia, and Port-au-Prince, Haiti, were two other staff members from our facility. LCDR Larry O'Connor, from Radiology, functioning in his speciality, and LTJG Ginny Parker, NC, helped through her fluent Spanish conduct classes for nurses at St. Helena's Hospital in Buenaventura and by supervising the inpatient care service while in Haiti.

Counted among the 500 of the hospital ship's crew leaving NAS Alameda for the four-month Navy Handclasp were nine other

physicians. The 12 helped treat over 5,000 people during the cruise, including 150 who required surgical procedures. While in the two countries the ship's company conducted both medical and civil engineering projects to benefit Colombian and Haitian people. There was close medical and dental cross-training and cooperation between the U.S. Navy and the Colombian and Haitian personnel.

More than 300,000 pounds of medical supplies, food, clothing, toys, books and vegetable seeds donated by many U.S. organi-

(Continued on page 2)

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+ + Chaplain's Corner + +

National Prayer Breakfast

Medical Center Oakland will observe "The National Prayer Breakfast" in the main dining room, building 500, 3rd floor, on January 31, 1974, starting at 7 a.m. All civilian and military personnel are invited.

Prayer Breakfast groups began in the House of Representatives and the Senate in 1942. In 1953 the first Presidential Prayer Breakfast was established to seek divine guidance for the national leadership and to reaffirm faith and dependence on God. During these days of national and international crises there is an urgent need to call upon God's graces to assist all peoples to reorganize priorities and values. Thursday, January 31, will provide the members of this hospital the opportunity to join with people throughout the nation in seeking the continuing blessing of God.

Microscopic Camera Is Macro Aid



Microscopic surgery can now be performed using television closed circuitry as the teaching aid. The techniques will be used mainly to teach ear surgery. While the doctors perform in the operating room, residents may observe in a conference room the procedure by procedure approach.

On the 16th of January, 1974, LCDRs Stan Bloustine and Mark Satz were the operating physicians, with CDR Gordon Strom and LCDR George Swanson on the camera. The TV camera itself is a unique acquisition. It is a recent purchase of the ENT Service which was developed by a Mr. Jack Urban of Urban Engineering Company of Burbank, Ca., for use on the operating microscope. It is one of the first such cameras in the

Bay Area, and its application to all kinds of microscopic surgery provides a breakthrough for the profession.

The operational procedure of the first televised usage was a ligation of the internal maxillary artery because of severe epistaxis nose bleed. The "students," as they watched in the conference room, were able to observe the exposed artery going through the maxillary sinus.

Doctors Strom and Swanson are shown above testing equipment and preparing to move it into place in the operating room. CAPT Tom Miller, Chief of ENT Service, and CDR Strom received instruction on the use of the camera at the Los Angeles Foundation of Otology.

EXEC-LINE

* I respectfully ask why the Base Alameda NTL Uniform Shop carries no parts for the Wave uniform. Parts of the uniform do wear out, and there is no place in the Bay Area to purchase them. I would very much appreciate your inquiry into the situation.

Basically, Wave clothing is carried only at designated points, and the uniforms are procured and sold under the appropriated fund. The Navy Exchange is a non-appropriated fund activity and is not authorized to carry them, but the Navy Clothing Store at Treasure Island does have limited stock. Uniforms and accessories may also be ordered through the sales outlet, which is open on Wednesdays, in building 101.

* While we are making do with fewer lights in the passageways in the hospital, it would seem advisable in the interest of saving electrical power to turn the lights off on the big signboard located at the front gate.

Thank you for bringing it to our attention. Fifty percent of the lights have been removed.

'The Truth Shall Make Us Free Someday.'

Not to idealize The Reverend Martin Luther King, Jr., the man. But to help jog our memories so that all may remember his words. That is what brought admirers together in his memory on January 15 at a memorial service in the Chapel of Hope.

At the service, HM2 Paulette Sauln sang reminding us that "There is a balm in Gilead" . . . to make the world as one. HN Howard Chase and ENS Frank Maurer gave an antiphonal reading about the man who preached that no good can come of hate, who had the genius to carry out a better destiny

than violence. The man whose charismatic leadership has continued to grow stronger since that fatal day April 4, 1968.

Chaplains Tom Borkowski and Wayne Rushing recalled many of the strengths of the bitterly accused and maligned leader of downtrodden Blacks and Whites—of Martin Luther King, who arose from those Montgomery summers of 1955 and 1956 to proclaim that "We must learn to live together as brothers, else we perish."

"Did he matter?" Chaplain Rushing asked.

"He mattered," he answered.

Handclasp (Continued from page 1)

zations and businesses, were distributed among 66 schools, hospitals, clinics, orphanages, prisons, missions and homes for the aged. A 200-bed civil defense hospital was donated to the people of Haiti. Twenty hospital beds and mattresses were given to a home for the aged in Colombia. The crew raised and donated a \$700 handclasp through fund raising drives on board ship. The SANCTUARY Seabee detachment constructed a day-care center, a community center, a schoolhouse, an irrigation canal, a viaduct, renovated a crafts center, and performed other



DR. BILL MCKENZIE examines a small Haitian child. Multi hernias in children, glaucoma, skin diseases and tuberculosis were the most common ailments among the villagers.



"AHHHHHHHH" IS A UNIVERSAL LANGUAGE. Although a Haitian nurse stood by as interpreter, DR. Robert Nagy needed no relay of message in examining his young patient.

important civic action projects. An important aspect of the mission was that it marked the first operational deployment of a naval vessel with a mixed crew of men and women of both enlisted and officer ranks. Sixty-three women were included in the ship's complement.

People to people and Navy to Navy, Medical Center Oakland's group judged the trip a great success.

COPIES OF Military Travels & Treasures World Travel Guide are available direct from the publisher, WTG, Box 1031, Falls Church, VA 22041, for the mail order price of \$2.95 book rate/third class which includes postage and handling.

Friday, January 25, 1974

THE OAK LEAF

Hail & Farewell

ENLISTED REPORTING:

From Naval Hospital Corps School, Great Lakes, Ill., HN Charles Lucas

From Naval Regional Medical Center, Naval Hospital, Great Lakes, Ill., HA Barbara Blaylock

From Naval Hospital Corps School, San Diego, HAs Jose Dehostos, Eugene Sarha and William Taylor; HNs Robert Peterson, Gary Peterson and Bennie Regner; HAs Cary Wagner, Louis Unis, John Gaffney, Bernardo Gonzales, William Johnson, Jack Lundberg, David Mack and David Mongar

From Naval Regional Medical Center Naval Hospital, Great Lakes, Ill., HN Jose Bernal; Naval Hospital San Diego, HN Robert Gober III.

From Naval Regional Dental Center, Norfolk, Va., DN Douglas Stover

From Naval Dental Center Naval Station, San Diego, DA John Roman.

From Naval Hospital Corps School, San Diego, HNs James Merrill and Michael Lepper; HAs James Herin, Jose Trevino, Daniel Campbell, Scott Jeffries, Timothy Lynch, Kenneth Snodgrass, Donald Welty, Stephen Brook, Anthony Laird, Charles Seastrand, Ronald Troyer, Isidro Trujillo, Norman Griffith, Dwane Brittain, Bruce Davis, Anthony Gomez, Gary Hyde, John Martorano and Dennis Mitchell.

ENLISTED DETACHED:

To Naval Regional Medical Clinic, Pearl Harbor, Hawaii, HM3s Johnnie Hill and Richard Klawta

To Naval Regional Dental Center, Norfolk, Va., DN Patricia Carland.

To MCAS, Iwakuni, Japan, HM2 Thomas Tomczak.

To Naval Communications Station Guam, MI, UTC Herbert Jessen.

To Naval Regional Medical Center, Long Beach, Ca., HM3 Glenn Rogers.

To USS RANGER (CVA 61), MM1 Glen Pierce

To Naval Hospital, Great Lakes, Ill., HA Iris Otero.

To 1st Marine Brigade, FMF, HM1 James French

To Naval Hospital, Taipei, Taiwan, HM3 Alfredo Vasquez.

To Naval Hospital, Long Beach, Ca., HA David Almond

To Naval Regional Medical Center, San Diego, HM2 Michael Sesic.

To FMSS Camp, Pendleton, Ca., HM2 Howard Bonde and HN Daniel Douthit.

To Naval Ophthalmic Support & Training Activity, Williamsburg, Va., HM2 Roy Shoemaker

Released to Inactive Duty in Naval Reserve, HA Michael Psaros; HM3s Patrick Welsh and Patrick Lortie; HN Daniel Heydon, HM2s Gary Stanley and William Nierman; HM3s Donald Walker and Steven Trammel; HN Ronald Stone

NOTICE

FORTHCOMING ISSUES OF "THE OAK LEAF" WILL FEATURE ARTICLES ON UNDERSTANDING PERSONAL WORTH AND RACIAL DIGNITY (UPWARD). COMMENTS ARE AND WILL BE SOLICITED, TO BE SUBMITTED TO LCDR. E. P. WINTERFELD, CHAPLAIN'S OFFICE.

Weldon Miles Named Command Deputy Equal Employment Officer



MRS. JANE LIPPINCOTT

Mr. Weldon Miles has been appointed Command Deputy Equal Employment Officer (Deputy EEO). The former title was EEO Counselor; however, more responsibilities have been added and the title changed. This is a collateral duty as special assistant to the Commanding Officer in addition to his primary duty as a Medical Technologist in our busy Laboratory Service.

As Deputy EEO he is the principal adviser to the Commanding Officer on all EEO matters, including the Federal Women's Program and the Spanish Speaking program.

In keeping the Commanding Officer advised, Mr. Miles is responsible for coordinating and directing two command Equal Opportunity Employment Counselors, currently Mrs. Jane Lippincott, Secretary to the Chief, Religious Activities Service (ext. 2251) and Mr. Joseph Davis, Public Works Service (ext. 2434). Employees are instructed to seek out the counselors when they have a problem or complaint regarding discrimination to their employment due to race, religion, sex or national origin.

The counselors hear the complaint and try to solve the problem at the informal stage. If the problem is not resolved to the satisfaction of all parties, the counselors refer the complaint to Mr. Miles. He attempts to solve the



MR. WELDON MILES

problem by interviewing the employee, the counselor, the supervisor and other interested parties, applying designated instructions and directives and exercising seasoned and sagacious judgment. If the problem cannot be solved at this level, the employee is advised that he has the opportunity to file a formal discrimination complaint. The procedural steps for this action are provided.

In addition to resolving or attempting to resolve discrimination complaints, Mr. Miles assists in the preparation of the affirmative action plan of the NRMCO and serves on committees involved in employee recruitment, reduction in force, training. In the near future, Mr. Miles will be assisted in this important personal relations project by a committee with representations from several departments to provide more meaningful information and communication up and down the line.

Mr. Miles graduated from Langston University, Langston, Ok., with



MR. JOSEPH DAVIS

a Bachelor of Science Degree. He completed his training as a Medical Technologist at Mercy Hospital, Oklahoma City. In his 13 years in civil service, he has worked in the laboratories at Veterans' Administration Hospitals at Wadsworth, Kan., and Martinez, Ca. He has been with the Naval Hospital Oakland since 1968, and is well qualified by special training for his duties as the Deputy Equal Opportunity Officer.

Mr. Miles has been a supervisory medical technologist for 8 of his 13 years in Federal Service and he has taken many courses to develop his personnel management skills. Included in his list of courses completed are Management and Labor Relations, Preparation of Affirmative Action Plans, Leave Administration and Personnel Administration and one course entitled, "Basic Classification for EEO Specialists."

Mr. Miles has a broad working knowledge of the Federal Personnel system and will do everything he can to promote better communication between the employee and management. He and his counselors are here to assist you. All hands are encouraged to support him in this vital function. Although his primary duties are in the Laboratory Service, he will give unstintingly of his time and effort to help you resolve problems which may be concerned with equal employment opportunity.

LET THEM EAT LOBSTER! And so they did—about 17 of the recently advanced enlisted men of NMCO share the steak and lobster as their recognition treat. It's a special on-the-house habit in which larger facilities seldom indulge.

NRMC Personnel At The Dispensaries Are Frocked



LCDR ANDREW A. KIVES
Naval Shipyard
Hunters Point

LCDR RAYMOND J. MIKELIONIS
Naval Shipyard
Hunters Point

LCDR MICHAEL C. SEELIN
Naval Supply Center
Oakland

LCDR DAVID J. DRISCOLL
Naval Communication Station, S.F.
(Stockton)

TAKE HEART

Naval Regional Medical Center has just offered a course, under sponsorship of the Bureau of Medicine and Surgery, Nursing Division, designed to train Nurse Corps officers of the West Coast in the care of the coronary patient.

The course has been in progress since January 14 covering lectures on concepts of coronary care, atherosclerosis and myocardial infarction, atrial and premonitory arrhythmias, atrio-ventricular condition disturbances and other technical subjects. Certificates and endorsed orders were distributed at noon today. The school has included EKG workshops and covered management of disasters and even some religious and legal aspects.

The officers did not get by without a post-course test. Among the 21 nurses from the West Coast taking the course were eight nurses from Medical Center Oakland.

Who's Been Doing What . . .



THE FITTEST OF FIT is HMCS Paul T. Lightfoot. On behalf of the President's Council on Physical Fitness and Sports and the Chief of Naval Operations, he qualified for the 1,000 mile-1,000 point Cycling Club, and for July, September and October, 1973, accumulated 610, 546 and 502 aerobic points, a healthy bit over the 500 Point Aerobic Club monthly requirement.



IT'S TO LTJG for J. Oliver, NC



IT'S BEEN 30 YEARS of service for the government and into retirement for Walter Carter, Transportation; Ella Bell, House-keeping; and Jannie Nickerson, Food Service.



FROCKED AS LCDR, S. Bagbey, NC

French Receives 'Well Done'



Petty Officer James French played an active roll in developing, organizing and instructing key members from branch dispensaries in a career counselor "short course." Shortly after regionalization, so successful was this program that many senior medical officers wrote highly commendatory letters to this command expressing their gratitude.

Prior to his transfer to the First Marine Brigade (Hawaii), HM1 French received a Letter of Commendation recognizing the instrumental part he played in revitalizing the career information and counseling program of this command.

NAVY To the Rescue

It is about 6 p.m.; dark is coming on and the night of January 9 is plenty cold. Mission necessary is to rescue a young duck hunter. Robert Brooks of Vallejo, waist deep in a Sonoma Creek marshland.

HM3 Martin Lopez and HN Stanley Dame of Branch Dispensary, Skaggs Island, and Dame's father, were dispatched in a small motor boat from the Naval Radio Station. They reached the end of the tide and faced the urgency of getting the young 19-year-old from the muddy mire before he should sink out of reach.

Brooks was scared, cold and had been unable to free himself for almost 2 hours. It was frightening also for his rescuers. They, too, were scared, cold and for a time unable to free Brooks. When at last he was released from the mud, it became necessary to pull their four-passenger boat a mile upstream against a threatening current. The fight against the churning waters took a valiant hour or more. They deserve the traditional "Well Done."



HELP HOSPITALIZED VETERANS of San Diego did just that. Recently they contributed some 42 cartons of craft sets [model cars, airplanes, paint-by-number sets and so forth], distributed by Special Services to the Occupational Therapy Branch of Medical Center. HN Terry Carman and HN Tim McGlone [extreme left and right] helped make the delivery, which was received by HM2 Donald Sims, PT/OT technician, and LTJG Elsa Page.

New JANGO Class To Start

A JANGO is a member of the Junior Army Navy Guild Organization. Eligible members are between 14 and 19 years of age and daughters of active, retired or deceased members of the Armed Forces of the United States. A junior JANGO donates a minimum of 60 hours a year assisting on the wards of the Naval Medical Center Oakland.

Classes for the training of a new group of volunteers are scheduled to begin on Saturday, February 23, and they will continue through March 16.

Eligible applicants should call 639-2196 or write to the Chief of Nursing Service, Naval Medical Center, Oakland, Ca., 94627, for application forms. They must be in by Saturday, February 16, 1974. Routine physicals will be made on the first day of class.



IT HAS BEEN ONE MONTH since Santa looked over the shoulder of LCDR Emery J. Hatch, MSC, Director of Administrative Services, as he and his Commander bride, the former Nancy J. Jacques, OR Supervisor, cut their wedding cake at the reception at the Officers' Mess (Closed). Time to say, "Happy one-month anniversary!"

THINKING will not make it so, but thinking will help knowing and knowing will make it so.

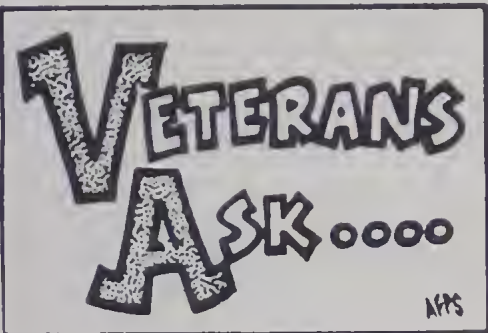
TaxTips

Last year, over 75 million individual Federal income tax returns were filed with the Internal Revenue Service. How do you think each one is identified? By the taxpayer's Social Security number, which provides the IRS with positive identification on all tax documents that belong to that taxpayer. Put your Social Security number on all correspondence with IRS. It helps them keep your tax account records straight!

You'll find the answer in an IRS publication. Where do you get it? At your local IRS office.

JANGOS Ten Commandments

- I—Thou shalt not fraternize with the males.
- II—Thou shalt honor thy head nurse and doctor.
- III—Thou shalt not use the stairs whilst taking specimens to the lab.
- IV—Remember thy JANGO day and keep it special; 29 days thou shalt have to thyself but one day a month will be rendered in service to thy hospital.
- V—Thou shalt not covet the Red Cross worker's short uniform.
- VI—Thou shalt not take the name of the Admiral, your commandant, in vain.
- VII—Thou shalt not be overgluttonous in the geedunk.
- VIII—Thy ribbons that adorn thy hair shalt match the tri-color of thy uniform.
- IX—Thou shalt not leave thy bedpan chores to another.
- X—Obey thy Big Sister at all times for she is wise and always right.



Q—How long can I wait to get my teeth fixed after I get out of the Army?

A—You must apply within one year after your discharge to be eligible on the presumption that your dental conditions are service-connected. Even so, not all dental conditions can be presumed to be service-connected. For example, teeth lost before you entered service obviously are not.

Q—With no more space in the National cemeteries, I have been wondering whether I might be buried in a VA cemetery. Can the money VA pays for burial expenses be used this way?

A—VA does not have a cemetery system of its own. It has a few small plots near VA hospitals and domiciliaries where veterans who have died in these facilities have been buried, but most of this space is now full. Chances are you could not be buried anywhere near your home if you chose one of the few available plots. The VA burial expense payment can be made regardless of the burial place.

Q—I was the wife of a serviceman killed during World War II. My VA compensation was discontinued when I remarried in 1955. Since my second husband died recently, I wonder if VA will pay me compensation again based on my first husband's death?

A—Yes. Under a law enacted in 1970, VA may again award compensation to a remarried widow whose remarriage ended in death or divorce.

A Good Officer Inspires Discipline

It is the petty officer's firm feeling of the fitness of things and his unbounded allegiance to authority (when it is based on character) that makes him the backbone of discipline in the Navy.

A good petty officer will always have well-disciplined followers, those who are efficient and effective in routine, and tackle new and demanding tasks with enthusiasm and willingness. They will respond automatically to an emergency with competence and speed.

No person wants to work for a petty officer or officer for whom he has no respect or confidence. One way for such a situation to arise is for the petty officer to assume the attitude, "Do as I say, not as I do." A good petty officer or officer promotes good order and discipline among the crew by his own high standards of example.

DISCIPLINE IS nearest perfect when it assures to the individual the greatest freedom of thought and action while at all times promoting his feeling of responsibility toward the group.

THERE WERE 17,330 American Indians in the U.S. Armed Forces during World War I and 39,000 in World War II.

Born at . . .

Naval Medical Center on January 10, 1974, Ginger Marie Mack, 5 pound, 8 ounce daughter of Bonnie Jeanne and HN Robert H. Mack . . . on January 11, Robert Wayne Chambliss, 6 pound, 9 ounce son of Joan Arlene and GMG2 Wayne S. Chambliss . . . on January 21, Anne Elise Joseph, 6 pound, 3½ ounce daughter of Barbara Ann and LCDR Thomas J. Joseph . . . on January 21, John Clinton Ollenburg, 8 pound, 6 ounce son of Sandra and LT Walter A. Ollenburg . . . on January 22, Jayme Lynn Francis, 7 pound, 12 ounce daughter of Beverly and LTJG James B. Francis.

Bits and Pieces

Sports stars from out of the past frequently drop in and check the bulletin board in Ron Brown's office for old pictures still tacked in place. And they come into THE OAK LEAF office to check bound copies and review the days they were stationed here. The assistant football coach of Brigham Young University at Provo, Utah, former all star here in football, basketball and baseball, spent about an hour reminiscing through the 1962 and 1963 issues. In the days when he was HM2 J. D. Helm he was wearing a crewcut "I'm the last of the holdouts," he laughed, patting his newly cropped burr.

A definition gleaned from "Modern Maturity," a moonlighter is a man who holds day and night jobs so he can drive from one to the other in a better car.

"Graffiti" says "Surgery can really take something out of you."

"Changing Times" defines inflation as when our UP runneth over, but it also makes note that 1974 has fewer Mondays.

Chaplain Tom Borkowski took off down the hall with a broom over his shoulder, a gift-wrap bow gracing its handle. He was moving into a new apartment in San Leandro and had received a few hearth warming presents.

While sorting linen at the hospital laundry during the first week of January, Mrs. Lulu Mae Sanders discovered a wallet with over \$50 in cash, personal cards and papers belonging to one of our patients. Of course it was speedily returned to the owner.

Sort of like an old school reunion, but it was a retiree reunion and some folk say it got rather mushy with kissing and backslapping when about 35 of the Food Service employees who had retired over the past 10 years returned to NMCO and were feasted "out of his own pocketbook" by LCDR Adam Antonopoulos.

Incidentally, C. J. Jones, former Food Service employee, took his official retirement about a year and a half ago, but he hasn't disappeared from the scene. As a Red Cross volunteer Mr. Jones comes out every Thursday and performs personal services for the patients.



MR. C. J. JONES, RED CROSS VOLUNTEER

Everyone knows that anesthesiologists do not encourage smoking, so instead of passing out the usual cigars on the birth of his daughter, LT James B. Francis of Anesthesiology Service celebrated the arrival of his little daughter by passing out individual minatures such as they serve on airplanes.

Would you believe! Two Stephen Corsons are patients presently in our hospital; one, a retired Chief and the other Steve, active duty Navy.

A ONE TIME shipment of household goods is authorized (with certain exceptions) within one year of retirement date for the military. If household goods are not shipped immediately, the Government will store them for one year pending purchase or construction of a permanent home.

CORRECT STANDING is with the head up, chin in, chest up and the lower part of the abdomen up and in.

Scenes by the Sideline

By Ron Brown

BASKETBALL

Personnel Hands Duplicating

First Loss: 53-35

After trailing 17-16 at half, Personnel outscored Duplicating 37-18 in the second half of the game of January 16 to emerge victorious by a 53-35 score.

Tony Mundy led all scorers in this game with 10 field goals and three free throws for a total of 23 points.

I. D. Howard aided Personnel's cause with 11 points on five field goals and one free throw.

Terry Riley and Tony Tavares each scored eight points for Duplicating.

Lab jumped back into the race with a decisive 42-36 win over the Interns.

Ben Choa led the winners with nine points followed by Emy Arada with eight markers. Joe Nool hit for seven points. Scoring honors were garnered by Britt Blum of the Interns with 18 points on eight field goals and two free throws. Nic Newby followed with 12 points for the Interns.

OR won their second game with a 36-18 win over Inhalation Therapy. Duane Haenfler, Stan Wells and Steve Albin each scored six points for OR.

Tom McCauley led the losers with six also.

Anesthesia stayed in the thick of the race with a sounding 44-17 defeat at the expense of CIC.

Dick Fraioli led the winners with 12 points with Curtis McKinney tallying seven for the losers.

Golf Varsity Team To Form

There will be an organizational meeting, in the cardio-pulmonary laboratory at 2 p.m. on January 31, for the purpose of forming Medical Center Oakland's varsity golf team. Interested officer and enlisted military personnel please be there.

Straight Pool Tournament 50 Points

Starts January 28, 1974

Contact Larky Deason, ext. 2283 or
Ron Brown, ext. 2350.

Lacrosse Club Interest?

Any military or civilian personnel interested in playing Lacrosse (Yes, Lacrosse!) for the Oakland Lacrosse Club, please call Dave Guarnieri, 521-9864.

Did you clip the January-February Schedule of forthcoming events from THE OAK LEAF of January 11? Secure a copy from Ron Brown if you didn't.



SKIS AND OTHER EQUIPMENT
are available at Special Services.

see your career counselor

the navy

it's more than ships at sea

Building 500 3-1-3, ext 2394
HMC O'Connor

To the Bureau of Naval Personnel, each rating can be compared to a tank full of water, with the manning level as the height of the water. There are several valves that can be opened or closed so that bodies are added or subtracted from the rating. The valves include Variable Reenlistment Bonus, the Selective Training and Retention Program (STAR), and the Selective Conversion and Reenlistment Program (SCORE). Critical ratings are simply those manned at less than 75 percent of valid available billets. Since manning levels fluctuate frequently, subject to many factors, they are monitored continuously. Increased school quotas are the least disruptive way of increasing manning in a rate, but there are other ways. Naturally, manning level considerations impact upon change of rate requests. Requests from overmanned rates are more likely to be approved than requests from undermanned rates, other things being equal. The goal is to keep the "water level" of each rating at the optimum level.

Congratulations To Our New Board Certified Doctors

CDR C. KARDINAL
of Oncology

CDR G. ROLING and
LCDR L. PRESSGROVE
of Gastroenterology

LCDR S. LEWIS
Endocrinology

THE SHORT SHEET

Rating Conversion for Women LN2s Available

Women are in a very good position to advance to LN2. Billets for Legalmen are primarily at large legal centers, both in Conus and overseas, and on carriers.

Housing Assistance Is Expanded

Government assistance to military families forced to sell property at a loss because of base closures or relocations has been expanded to include personnel stationed near an installation which is closing. The amendment helps military people, even though not attached to the affected command, regain some of the financial loss. The new program is retroactive to April 1973.

Veterans Benefits Timetable

[after separation from service]

YOU HAVE . . .

10 days . . . To advise Selective Service of your address in person or by mail. (Any local board.)

30 days . . . To register with Selective Service (if not already registered). (Any local board.)

90 days . . . To apply for re-employment (Former employer.)

120 days (or 1 year if totally disabled) . . . To convert your Servicemen's Group Life Insurance without examination. (Any approved insurance company.)

1 year (from date of notice of disability rating) . . . To obtain GI life insurance based on service-connected disability. (VA Office.)

1 year . . . To file for dental care. (VA Office.)

1 year . . . To receive unemployment compensation. Check your state. (State Employment Service.)

8 years . . . To use all of your GI education and training entitlement. (VA Office.)

No time limit . . . To obtain a GI loan to buy, build or improve a home or to buy a farm. (VA Office.)

No time limit . . . To file compensation claim for injury or disease. (VA Office.)

No time limit . . . To obtain VA hospital care. (VA Office.)

No time limit . . . To get assistance in finding employment or job, or a job training program. (Employment Service.)

VA's 72 veterans assistance centers around the country are ready to help veterans get a fresh start in civilian life.



BEFORE DEPARTING for Camp Pendleton, LCDR Lois J. Butler, NC, received a Combat Action Ribbon.

Movie Schedule

Friday, January 25

A NAME FOR EVIL—Samantha Eggar, Robert Culp—Drama (R)

Saturday, January 26

TREASURE ISLAND—Orson Welles, Walt Slezak—Adventure Drama (G)

Sunday, January 27

ELVIS ON TOUR—Elvis Presley, Kathy Westmoreland—Musical (G)

Monday, January 28

WICKED, WICKED—David Bailey, Tiffani Bolling—Suspense-Comedy Drama (PG)

Tuesday, January 29

THE EFFECTS OF GAMMA RAYS ON MAN IN-THE-MOON MARGOLDS—Joanne Woodward, Nell Potts—Melodrama (PG)

Wednesday, January 30

BLUME IN LOVE—George Segal, Susan Anspach—Love Story (R)

Thursday, January 31

NIGHT WATCH—Elizabeth Taylor, Laurence Harvey—Mystery (PG)

Friday, February 1

THE LEGEND OF HELL HOUSE—Pamela Franklin, Roddy McDowall—Horror (PG)

Saturday, February 2

TALES FROM THE CRYPT—Sir Ralph Richardson, Joan Collins—Horror Drama (PG)

Sunday, February 3

THE MEPHISTO WALTZ—Alan Alda, Jacqueline Bisset—Suspense Drama (R)

Monday, February 4

THE NEPTUNE FACTOR—Ben Gazzara, Yvette Mimieux—Science Fiction (G)

Tuesday, February 5

THE TRAIN ROBBERS—John Wayne, Ann Margret—Western (G)

Wednesday, February 6

GODSPELL—Victor Garber, Katie Hanley—Musical (G)

Thursday, February 7

THE OUTSIDE MAN—Jean Louis Tréignant, Ann Margret—Action Drama (PG)

Friday, February 8

THE OFFENSE—Sean Connery, Trevor Howard—Drama (R)

THANK YOU
FOR NOT
SMOKING

THANK YOU
FOR NOT
SMOKING

The OAK LEAF

NAVAL MEDICAL CENTER, OAKLAND
Vol. 36, No. 3
Friday, February 8, 1974

Dental Officers Promoted



The Dental Service, Naval Medical Center Oakland, has two new Commanders, but there is a difference to be noted in their shoulder boards.

This is a first time for this hospital where the Commanding Officer has presided and authorized promotion to next higher rank of an officer of the Royal Air Force. CDR David Matthews, RAF Squadron Leader, is promoted to Commander. CDR Gerald Branham receives his promotion within the US Navy.

Living Memorial Plan Revealed

A tree! The planting of a living memorial to a loved one! Many individuals have suggested such a plan for Naval Medical Center, and many groups have expressed a desire to plant trees on our compound.

In response to the requests, administrators have drawn up a plan for a long-range landscaping program which will include such memorial plantings. The plan is designed to create a more tranquil and sylvan atmosphere for patients and staff. In the beautification program, a large choice of trees and shrubs, for ornamental and flowering effect and suitable to this climate, can be selected for planting on the grassy areas on the hillside or near the walks.

LCDR Dave Fluharty, Public Works Officer, ext. 2211, or LT Don Thorson, Public Affairs Officer, ext. 2479, can provide information.

The Short Sheet

Carpool Matching Service Expected Soon

A forthcoming COMTWELVE notice will detail instructions whereby Navy and civilian employees may join in a free computer matching carpool service.

Early Releases To Continue

Bupers has announced that the Navy plans to continue its early release program for enlisted men and women who want to pursue their education. Full information on the early release program is contained in Article 3840240 of the Bupers Manual.

Certain E-4s Gain More Allowances

All service members in pay grade E-4 with more than 2 years service, regardless of length of obligated active service, are eligible for shipment of household goods, travel of dependents and dislocation allowances. Also covered is shipment of a privately owned vehicle.

Personnel Outlook Is Brighter for '74

Navy personnel planners indicate that most of the belt-tightening and personnel reduction actions (about 15,000 manpower) have already been taken. Therefore, says BUPERS, the Navy is in position to return to more normal advancement. More than 26,000 advancements are slated. Also better planning and phasing of duty assignments are to be expected.

Military Tax Booklets Are Available

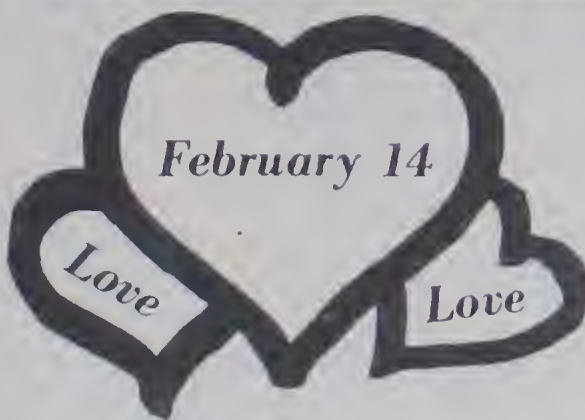
A limited number of copies of "Armed Forces Federal Income Tax" booklets, summarizing those Federal tax laws that are of special interest to military persons, are available in the Judge Advocate's Office.

Domestic Action Program Is Renamed

The Defense Community Service Program (renamed) will place increased emphasis on actions at the installation level, through more comprehensive and improved communication of ideas and guidelines, for constructive development of our society. The key will be command emphasis.

Navy Transition Program Will End

Job referral assistance to people leaving the Navy will come to an end May 31 after being funded for nearly 7 years. Also, the GI Bill is running out for post-Korean vets on that date.



When was the last time you complimented someone about how they did a job? And not just speaking about supervision and the supervisor. There is a tendency to think that in the military everything must flow down the "magic" chain of command. It doesn't.

The element in life that makes us go is encouragement and love. That should flow in all directions and at all times. When as a worker have you expressed to the boss how much you appreciate his leadership and help, even though he may not bat 100 per cent?

When as the leader have you shown by deed and action that you really appreciate the work an aide or corpsman does daily? This doesn't apply only at the base either. We need to share it at home with the family and friends too. How do you treat others on the highway of life?

DRIVE CAREFULLY ON YOUR HOLIDAY WEEKEND

Named Admiral



Pictured is CAPT Henry A. Sparks when he was "Oak Knoll's" Chief of Medicine. The photograph is taken from a November 4, 1966, issue of THE OAK LEAF. CAPT Sparks had been certified by the American Board of Internal Medicine 8 years previous to his coming to Oak Knoll and was a Fellow of the American College of Physicians. He is a native Californian and earned his MD in 1948 from the Southern California Medical School, Los Angeles.

At the time of his selection for Admiral, he was the Commanding Officer of Naval Medical Research Unit No. 3, Cairo, Egypt. His next tour of duty is as yet unannounced.



NEW CROWS, front row: HM3s Johnny Shipes, Wayne Robinson, Joseph Curaj, Nicolas Guerra, Edmund Goodhue, John McClendon. Second row: Roderick Simpson, Jon Kempfer, David Banko, Terry Riley, Alan Olsen, Ralph Hughes, Timothy Parish, David Buhmann, William Schett, Timothy Luloff, Linda Neilson, Timothy Young.

The Oak Leaf

NAVAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services
LT D. D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka, HM1 M. E. Smith

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+ + Chaplain's Corner + +

At the recent National Prayer Breakfast CDR J. Boorstin read the following words from the writings of Rabbi Abraham Heschel:

The act of prayer is more than a process of the mind and a movement of the lips. It is an act that happens between man and God—in the presence of God. To pray means to expose oneself to Him, to His judgment.

What is decisive is not the mystic experience of our being close to Him; decisive is not our feeling but our certainty of His being close to us although even His presence is veiled and beyond the scope of our emotion. Decisive is not our emotion but our conviction. If such conviction is lacking, if the presence of God is a myth, then prayer to God is a delusion. If God is unable to listen to us, then we are insane in talking to Him.

The true source of prayer is not an emotion but an insight. It is an insight into the mystery of reality, the sense of the ineffable, that enables us to pray. As long as we refuse to take notice of what is beyond our sight, beyond our reason, as long as we are blind to the mystery of being, the way of prayer is closed to us. The way to prayer leads through acts of wonder and radical amazement. It is in moments of our being faced with the mystery of living and dying, of knowing and not knowing, of love and the inability of love—that we pray, that we address ourselves to Him who is beyond the mystery.

Prayer is not for the sake of something else. We pray in order to pray! No religious act is performed in which prayer is not present. What is a mitzvah, a sacred act? A prayer in the form of a deed.

The dignity of man consists not in his ability to make tools, machines, guns, but primarily in his being endowed with the gift of addressing God. It is this gift which should be a part of the definition of man. He who has never prayed is not fully human.

A learned man lost all his sources of income and was looking for a way to earn a living. The members of his community suggested that he serve as their cantor for the High Holidays. But he considered himself unworthy of serving as the messenger of the community, as the one who should bring the prayers of his fellowmen to the Almighty. He went to his master and told him of his plight, of his being afraid to accept the invitation and to pray for his congregation.

So, said the Rabbi, "Be afraid—and pray."

In Event of Fire Bypass Elevator

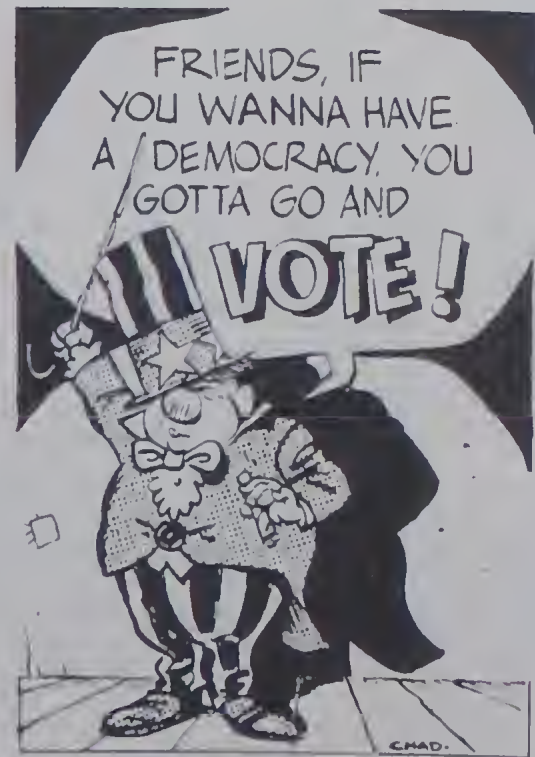
Mr. Al Constantine, NMCO Fire Supervisor, suggests that in fire emergencies there is a tendency for persons to try to exit the same entrance route into a building. They run to the elevators. That conditioned response can be fatal!

If the elevator stops at the fire-engulfed floor, leaping flames can spell trouble. Then there are mechanical failures caused by fire which older installations are not designed to overcome. The hoistway walls and doors have limited fire resistance. Flames, heat and water may cause short circuits, shutting off electricity. If the heat is severe, the cables may part and drop the car on its safety. Heat and smoke rising in the hoistway may nullify the operation of the elevator controller in the machine room.

It is better, before an emergency, to mentally plan a route of escape in case of fire. And until the dangers of being in an elevator during a fire are removed by elevator manufacturers, independent associations and

governmental organizations, just remember that during a fire an elevator can be a most dangerous spot.

SOMETHING AS SMALL as a rain-filled coffee can left exposed in a back yard or vacant lot, can serve as a mosquito breeding ground.



Find out registration deadlines and election dates in the Legal Service.

EXEC-LINE

There have been several EXEC Line calls related to energy conservation. These have been concurrent with proposals within the command organization which are being acted upon. Therefore, the EXEC Line will be used as a way to initially publicize planned actions in response to several suggestions without restating each proposal as to car pools, incentive programs, temperature control in various buildings or whatever.

Measures being implemented to help organize car pools are:

Data Processing will provide a printout of the staff, sorted by zip code and including department and address. The printouts will be posted with zip code maps in each dining room, outside the officers' mailroom and in Housing Referral. If an interested person feels too pressed for time to survey the printouts, it is suggested that supervisor cooperation be sought.

The beneficial suggestion program is emphasized as a means for conserving energy. To that end, each Chief of Service is urged to provide a plan which shall include (1) Minimizing working hours within his space by his staff. (2) Consolidating duty functions into the smallest possible areas. (3) Minimizing working hours by housekeeping and other departments within space. (4) Designating personnel to secure lights in all areas. (5) Designating an officer within each service to be the main person to go to regarding beneficial suggestions for the conservation of energy. The designated officer can bring suggestions of merit for the Center or Region to the attention of the EXEC Line for publication in THE OAK LEAF.

Further, it is recommended that material inspections be conducted at normal lighting levels, the degree of lighting to be a part of each inspection.

Have You Had A Recent Dental Checkup?

YOUR BEST PROGRAM FOR ORAL HEALTH IS STILL THE SAME: Proper plaque cleansing with both a brush and dental floss, a diet low in sugars, fluoridation of drinking water and regular visits to your family dentist.

Washington's Birthday

Is LEGAL HOLIDAY

Monday, February 18th is the official holiday celebration of the birthday of our first president.

Exchange Shoppers Can Really Save

Price comparisons have proved that customers can save from 20 to 25 percent by shopping at the Navy Exchange. A survey dated December 6, 1973, which was taken at the San Diego Naval Station showed that when a person shops at the Exchange, he does not need to sacrifice quality. And no one is foolish enough today to try to hoodwink the Exchange patron: prices have been climbing, but as this recent survey shows, the Exchange System is still one of the best deals the military provides its people.

Mr. Ray Laverty, Manager of our Navy Exchange, expressed the opinion that prices for the Bay Area should have a relative ratio to those of the San Diego area, community versus exchange prices.

Retail Activity Compared	No. of Items Compared	As compared to NEX items priced			Total value of items compared		Overall Savings at NEX
		Higher	Same	Lower	At NEX	Other activity	
MCRD	121	58	33	30	890.06	947.90	6.1
White Front	42	28	3	11	380.04	451.40	15.8
May Co.	47	46	1	0	849.19	1231.22	36.8
The Broadway	33	33	0	0	492.49	731.13	32.6
Fed Mart	32	26	2	4	119.25	135.51	12.0
Two Guys	77	64	4	9	636.12	720.90	11.7
Longs	67	54	4	9	81.11	106.24	33.0
Buffums	6	6	0	0	237.50	415.95	42.9
Harris & Frank	1	1	0	0	16.50	35.00	52.8
Paul Allen	1	1	0	0	16.50	34.50	51.7
Streichers	3	3	0	0	29.75	45.95	35.6
Bryan's	1	1	0	0	4.75	8.85	46.3
S.D. Paint & Glass	1	1	0	0	6.50	10.40	37.5
Lion	7	7	0	0	107.15	196.64	47.5
Walker Scott	57	57	0	0	830.88	1223.07	32.1
The Warehouse	2	2	0	0	7.82	8.42	7.1
Handyman	13	9	0	4	47.43	55.70	14.8
K-Mart	49	35	2	12	142.61	172.58	17.3
Lucky	8	5	0	3	8.23	8.96	8.2
Big Bear	5	5	0	0	2.69	3.77	28.6
Safeway	10	8	0	2	9.08	10.60	14.3
Food Basket	19	14	3	2	10.68	12.47	14.4
Mayfair	21	13	3	5	13.17	14.84	11.3
Pay-Less	52	42	1	9	39.68	45.68	13.1
Gemco	11	6	0	5	13.45	15.43	12.8
Thrifty	5	3	0	2	5.35	6.03	11.3
Checker Parts	8	4	0	4	7.95	9.41	15.5
Pittsburgh Paint	1	1	0	0	4.75	6.49	26.8
Toys-R-Us	1	0	0	1	10.00	7.78	

Comparisons do not include the 5% sales tax paid by the customer in the above commercial stores.

PSYCHIATRIC SERVICE . . . *At Your Service*

John Ballard, ET2, USN, threw a crescent wrench across the room with such force it damaged the bulkhead. His Chief watched in disbelief, swallowed, then told Ballard that something must be wrong with him. Acting the way he had been acting the past few weeks and now this! He was promptly sent to Sick Bay.*

To Ballard, the next two weeks must have been a blur of people, snatches of conversations and changing scenes. After questions at Sick Bay aboard ship, he was sent to the Naval Hospital at Guam. There were more questions and more days; then he was told he was being sent to the Naval Medical Center, Oakland, Ca., Ballard angrily told the doctor, "I'm no Psycho!"

The doctor tried to reassure him by saying that men with a wide range of problems were sent there. Ballard seemed not convinced. The only good part at all was that he would be near his home. But again, he objected. He said he heard everyone sent there was discharged from Service and he did not want



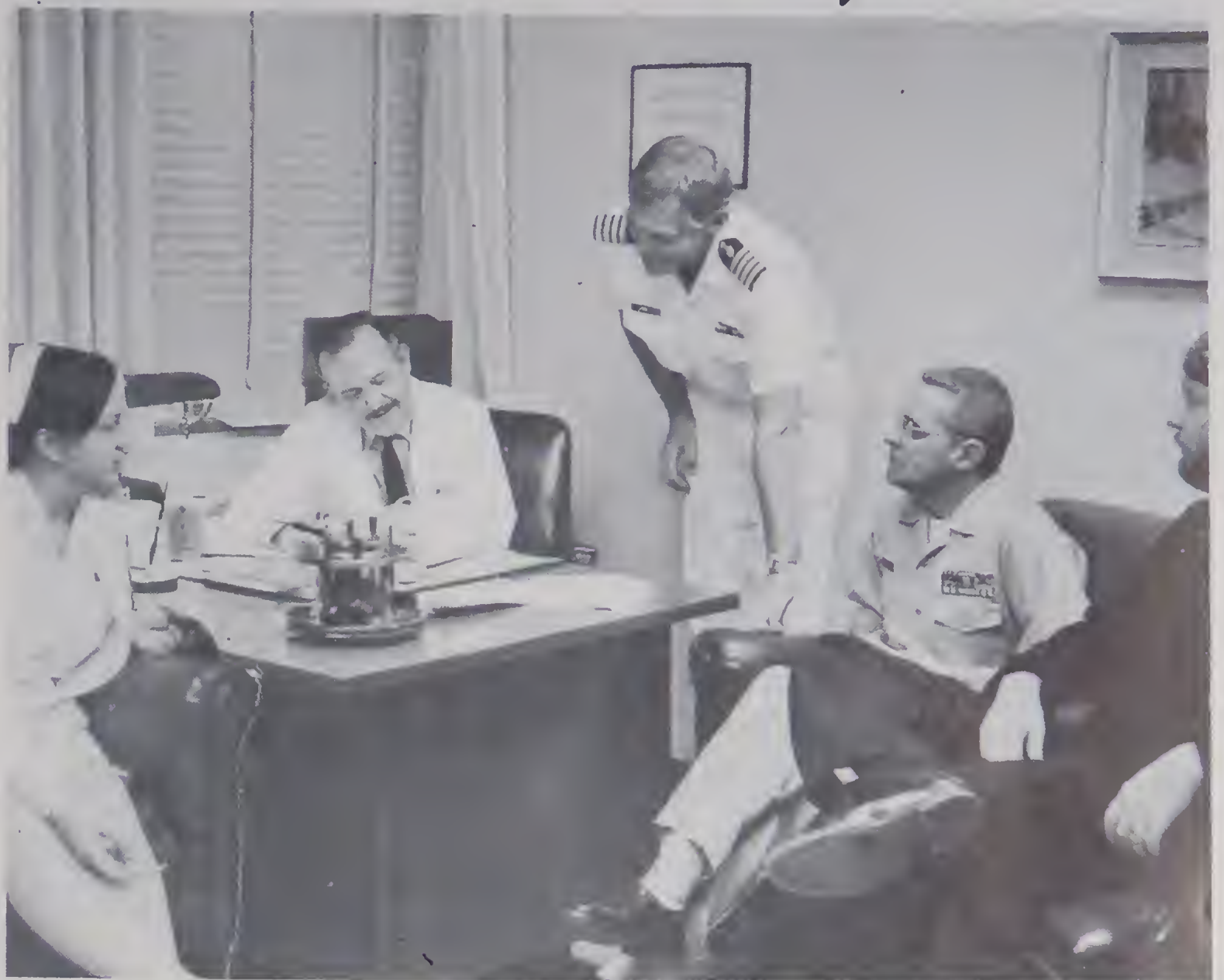
WELCOME ABOARD! A new admission. Mrs. Jane Murphy, secretary, reassures.



THERAPY IN PROGRESS—LCDR S. A. Stile, psychiatrist on Ward 5-North, interviews a newly admitted patient.

that. The doctor told him this was not necessarily so. Some men warrant discharge, others need further hospitalization and still others were returned to limited or full duty. It all depended upon what was wrong, what treatment was given and what the results were. For all of his apparent dismay, Ballard gave in. "I guess I was really relieved," he later confessed. He had not liked what had been going on within himself but also had not known what to do about it. Maybe he did need help.

The Air Evac plane took Ballard to Travis AFB and from there a Navy bus brought five men to the Naval Medical Center. Ballard eyed the others a bit suspiciously. Were they wondering about him, also? On arrival at



THE MORNING STRATEGY MEETING—Miss Pat Mailander, acting nursing supervisor; CAPT Rolf W. Steyn, chief, Psychiatry Service; CAPT G. A. Conkey, assistant chief, Psychiatry; HMCM C. S. Axworthy, administrative assistant; HM2 R. M. Oxenford, MAA.

NMCO all were taken to the fourth deck where they learned from the civilian secretary that they would be seen for admission by a psychiatrist in the outpatient clinic. Ballard squirmed while waiting. He leafed mechanically through a magazine but his eyes followed each passerby. He jumped when the doctor called him into his office. He then watched intently. Maybe he wondered what the doctor was thinking as he studied the records.

The doctor began by asking more questions about the recorded material. Ballard's replies revealed that he had done well (3.5 quarterly marks and no disciplinary action) in his five years in the Navy, until six weeks previous. At that time his leading Chief had orders out and Ballard did not hit it off with the replacement. He had not liked the new Chief's gung-ho way of doing things and told him so a few times. It was in one such situation that Ballard lost his temper and threw the wrench.

About that time he also began experiencing headaches, had marked tension, knots in his stomach and loss of appetite. He had difficulty sleeping and twice his bunkmates had awakened him from his shouting, fist-swinging nightmares. When he was not brooding and refusing liberty, he was out drinking and in trouble. That may have helped him forget his problems but it made him late for duty. As if all this had not been enough, Ballard had received a few letters from his wife alluding to marital troubles they had had and to her inability to handle their four year old son's temper outbursts. Ballard summed it all up by saying he liked the Navy, but he could not hack it another day without hitting someone or going AWOL.

At NMCO, Ballard accused the doctor of being needlessly detailed in his questions but he had no idea of the evaluatory process going on in the doctor's mind. Was there a physical cause for these symptoms? Was Ballard an alcoholic? Were the emotional problems causing the physical ones? Was this man a malingerer or a goof-off?

The doctor considered placing Ballard on the 15-bed Alcohol Rehabilitation Unit, Ward

70A, where a concentrated program for alcoholics was directed by an Alcohol Counselor, a social work assistant and a psychiatrist. The admitting psychiatrist concluded that, while Ballard had been drinking a lot, this was not the core problem. He had noted the man's hypersensitivity to irritation, his proneness to sudden, barely controlled anger, his anxiety about his family—all in addition to a number of physical symptoms that could or would not be related to the emotional ones. Throughout the interview the doctor noted Ballard's current marked tenseness and prescribed a mild tranquilizer. He then checked with the Master-at-Arms of the Psychiatric Service and determined which of the two wards, 5N or 5S, was next due for an admission.

The Master-at-Arms walked Ballard to his

(Continued on page 4)



MRS. MARION MOONEY, the department secretary, channels communications, as Miss Helen Cupper, social worker; CDR James Bethel, psychiatrist; and HN Robert Brown await their turn at the nerve center.

*Just one sailor's experience. Even though the name and circumstances are fictional, the composite of men and events has happened in the Psychiatric Service.

(Continued from page 3)

ward. Ballard commented unhappily that none of his gear had arrived with him and the Master-at-Arms said he would let the Administrative Assistant know so he could have a tracer sent out promptly. As they arrived at his ward, Ballard was told that all patients



PUTTING ROUND PEGS into square holes, Dr. Evan Wolfe (standing), psychologist, demonstrates the Reitan Test to a fellow psychologist, LTR C. Moyer.

(except officers and women, who went to 5E) were assigned to 5N or 5S. Both wards were essentially alike. (Later Ballard learned that once an initial evaluation was made, and dependent upon the census, men could be placed as "sleepers" on 5W but they returned to their original ward for all treatment.)

Ballard told a buddy later that he kept waiting for the locked doors he had once heard about. They had not materialized. Later, he saw that only occasionally a severely suicidal or disturbed patient was placed in a closed room for short periods of time, and that was always under staff supervision.

After the Master-at-Arms introduced the senior corpsman on the ward, that corpsman



THE "MAN" IN THE FIELD—the psychiatric Outpatient Clinic staff, CDR W. Deignan, Officer in Charge, Psychiatry Outpatient Service; Lcdr S. M. Freeman, psychiatrist; Miss Marilyn Miller, social worker.

took over and told Ballard about ward routine. He showed him his room and introduced him to the three men already bunking there. They began talking about where they had been on duty and Ballard said his first impression was, "There's nothing wrong with them!" As the days passed and Ballard came to know them better, he saw them as likeable buddies, it was just that one seemed to have strange emotional experiences, another heard voices at times when nobody was around and the third was somewhat depressed.

Ballard had been assigned to a ward psychiatrist who interviewed him the day after admission. This doctor told him they would be talking together at regular intervals and that his participation in groups was desirable. In addition, the doctor said he was requesting help of others on the staff. He asked for a neurological consultant to help evaluate the headaches. Ballard was told a psychologist would do testing to help determine his psychological make-up and to gain insight into his present emotional feelings and functioning. The doctor asked the ward social worker to see if she could help with Ballard's concerns about his family. These were all predictably new and strange experiences for Ballard. But the strangest of all were the groups.

Ballard had rapidly begun to hear references to groups. In fact, they were alluded to so often he wondered if the only thing people ever did here was to sit around and talk all day! He soon learned that there were two kinds of groups. In the ward group (all patients and all staff) they met together to work out details of ward living (such as clean-up), and the step system of increasing liberty and responsibility for patients as their conditions improved. Ballard was surprised to hear emphasis being placed on "healthy behavior" and "helping each other."

Patients were assigned to one of three small groups on the ward. Ballard's was led by a doctor and a social worker. Here, five to eight men met three times a week to talk more about their individual problems. It was here that Ballard found considerable understanding of his reactions to the change in Chiefs at his former duty station. When a

Vital Statistics

- 13 Board certified or eligible staff psychiatrists
- 9 Psychiatric residents
- 9 Nurses
- 1 Administrative assistant
- 11 Civilian consultants
- 1 Alcohol counselor
- 3 Secretaries



LOG READING on 5-East—LTJG Gen Hoke, resident; Miss Patricia Bell, social worker; Kallen, resident.



POST GROUP DISCUSSION on 5-East—LT G. Rudman, social worker; LT G. Booth; Russ Warne; LTJG Gennett Parker.

Psychiatric Service

social workers, 3 graduate trainees
psychologists, 4 graduate trainees
Chaplains in pastoral counseling
residency
corpsmen, 16 student technicians
average inpatient census
average admission rate per month
average outpatient visits per month



JG6 R. G. S. Gutterman, WMO; CAPT R. Bell
M3 T. Diane Marshall; LCDR L. H.



R. Rodriguez, resident; Miss Myrna H. Kasuboski, WMO; (Row Two) JN Booth
ker.

buddy suddenly asked him what his father had been like, Ballard seemed to repress the urge to call him a belittling name. He controlled himself and simply described his father. Someone pointed out that he had used similar words in describing the new Chief. The group time ended and as they walked out another patient urged him to think about that. Ballard told a buddy he had the curious sensation of a window opening in a corner of his mind.

Staff encouraged Ballard to spend some of his afternoons in Occupational Therapy on the fourth deck, for there he could work on his feelings in a constructive but different way. He sawed wood and pounded the nails into the rocking horse he was making for his son, seemingly getting a charge from it.

In a week Ballard came to know who was who on his ward. He spotted the medical officers and the psychiatric residents in training. Each ward had one or two residents in addition to two staff psychiatrists. Other officers on the ward were psychologists and chaplains. The nurses were helpful "and far out." Ballard had a harder time determining who was who among the corpsmen but said he liked them the most. He soon learned that NMCO has a 16-week Neuropsychiatric Technicians School with 200 hours of classroom instruction and over 400 hours on the wards with close supervision.

A woman civilian, in a white coat, came up to Ballard and said she was the social worker on the ward. She said the doctor had mentioned his concern about his family and she thought perhaps she could help. The two found a quiet corner on the ward and in an unhurried way, Ballard began telling about his wife's difficulty in handling their son's tantrums. He also said he thought his wife was alarmed about his hospitalization.

variety of staff and how they kept their work coordinated. It was apparent that meetings of all kinds were being held. He heard of staff divisions, ward and group feedback meetings. Someone told him that the staff had guest lecturers about various aspects of psychiatric care. Somehow, all those meetings had little meaning for Ballard. What was important to him was that he was learning much about himself and was feeling better.

As the days passed, Ballard's talk in groups and with his doctor continued. The results of his physical, neurological, and psychological consultations were in. His wife had been to see him and they had begun to talk about some of their own difficulties. It had been arranged for his son to be seen in the Child Guidance Clinic. Ballard obviously was feeling more relaxed, was sleeping and eating well again. He was observed orienting new patients, telling them who everyone was and how they might be of help.

From the time of admission, Ballard and his doctor had considered various outcomes of his hospitalization. As Ballard learned of different ways of handling his tensions, he talked more strongly of returning to duty. He had heard almost from the day of admission of other patients being concerned about their "Boards," and he now was thinking about his own. His doctor and he agreed upon a try at six months of limited duty so that he might continue outpatient treatment and work on the "rough edges."

Arrangements were made for Ballard to see one of the outpatient psychiatrists on a regular basis to further discuss his individual problems. He and his wife were offered and took the opportunity to see a

(Continued on page 6)

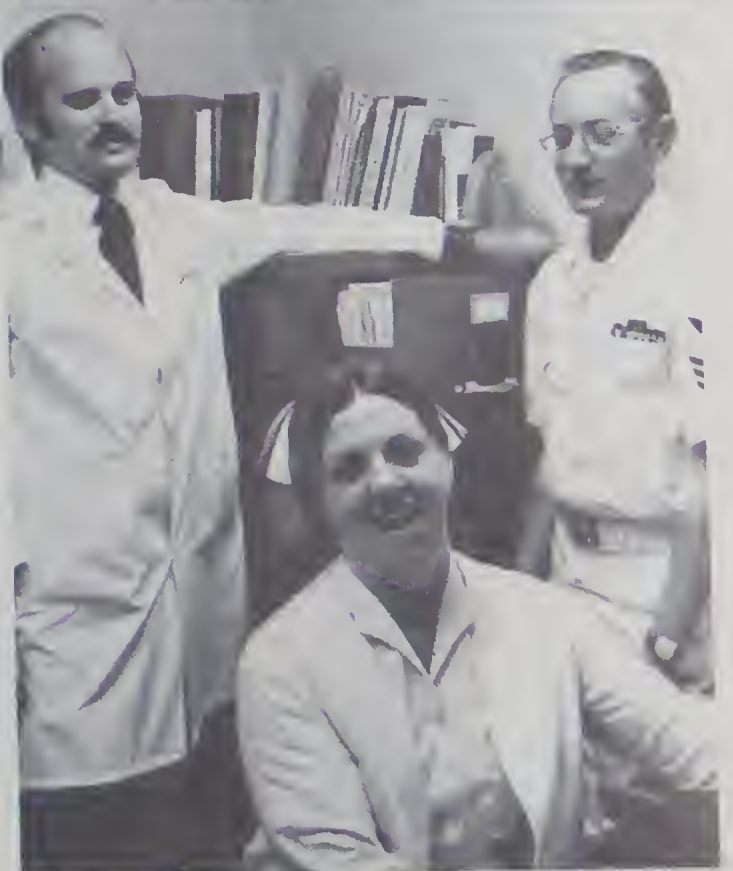


ROUNDS ON 5-SOUTH—HM2 Phillip Ray; Mrs. Elmira Lake, social worker; LT Cheryl Lemcke, NC; LCDR J. L. Chandler, resident; CDR M. Ferguson, nursing supervisor; LCDR A. M. Janik, WMO.

Together Ballard and the social worker thought of reassuring ways to discuss it with her.

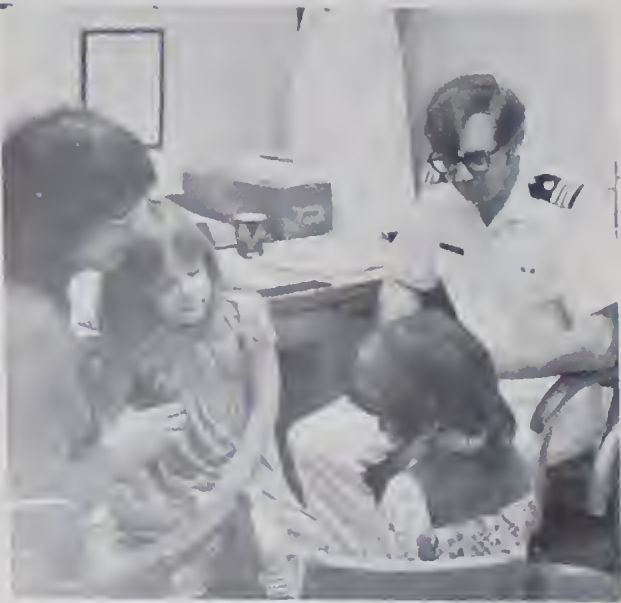
Other staff, Ballard knew less well. He came to recognize the Chief and Assistant Chief of Service, and the Psychiatric Nursing Supervisor, as they made periodic rounds. At times, student nurses, psychology and social work students from nearby universities came for graduate training. In the evenings, Ballard went to movies or attended entertainment and had refreshments that were brought to the ward by Red Cross staff. Much time was spent talking with a couple of buddies or a corpsman.

Ballard began to show an interest in the



NOW HEAR THIS! LT Pat Mailander, Nurse in Charge of the NP Tech School, instructs staff instructors LCDR Tom Pepper, senior resident, and HM1 Robert Carson.

Psychiatric Service Continued



LCDR NEAL ROACH, child psychiatrist, uses his family to portray a family counseling session.

psychologist who ran a group for couples with marital difficulties. The young son had begun and was continuing to be seen for play therapy. Both Ballard and his wife had several interviews with the child psychiatrist who talked with them about realistic ways to manage children as they grow and develop.

As the six months of limited duty neared completion, Ballard was ready to return to full duty. He spoke of marked changes in himself and his ability to recognize danger signals. He agreed to seek psychiatric help again should it be needed.

Ballard's doctor wrote the Board report and the Medical Board of three psychiatrists approved of his recommendation for Ballard to return to full duty. The day his name appeared on the duty party list, Ballard briefly recalled his admission here. He had learned a lot about himself, he said, and "Man, a lot of it was done by talking!"

By Helen T. Cupper, Head,
Psychiatric Social Work Branch.



PLANTS AND ALL living things need TLC.



CHAPLAIN L. W. RUSHING
receives his residency certificate.

CONGRATULATIONS

CAPT Tom Miller

Thesis Accepted

ENT Trilogic Society

Born at . . .

Naval Medical Center Oakland on January 24, 1974, Mary Angel Panganiban, 6 pound, 12½ ounce daughter of Marilou and HM2 Honorato J. Panganiban on January 25, Jodi Lynn Halliday, 8 pound, 7½ ounce daughter of Linda and HM3 Stephen M. Halliday on January 31, Joshua Sinclair Hertz, 8 pound 6½ ounce son of Mary and HA Mark E. Hertz.

Guide to Education Heads Library Books

Crew's Library has available an important reference book titled New York Times Guide to Continued Education. Working professionals who wish to earn advance degrees by devoting whatever time they can manage may find a few hints here. Did you fail to finish high school or college? Some course offerings can be taken by correspondence. They range from medical technology or real estate to oceanography. Make a choice from 50,000 courses.

ENLISTED WOMEN PLEASE NOTE

The City of Oakland and the Oakland USO Committee
requests the pleasure of your company
at the

USO MILITARY BALL

honoring the Enlisted Personnel of the Armed Forces

SAND'S BALLROOM

1933 Broadway, Oakland

on the evening of Friday, the Twenty-second of February

Nineteen Hundred and Seventy-Four

Nine O'Clock until Twelve Midnight

Ladies: Formal or Military Dress

Men: Uniform

R.S.V.P. 893-4966

518 - 17th Street
Oakland, California

Invitations available at Special Services

Retirement Is A Happy Time



THE FESTIVE OCCASION of CAPT Smoker's retirement was shared by her sisters, Mrs. Cartes Horning, Mrs. Marion Cummings and Mrs. Priscilla Bailey from Lewistown, Pa.

"This is not a wake," RADM R. E. Faucett, Commanding Officer, said as he paid "tribute to a great Boss Lady."

Following a gala reception the evening before, on January 31, 1974, CAPT Sue B. Smoker, Chief of Nursing, Naval Medical Center Oakland, was piped ashore, with friends from across the country standing by.

Relatives where on hand from as far away as Pennsylvania, and guests and former co-workers came from San Diego, Los Angeles, Camp Pendleton and scattered points to pay their respects.

"Attention on deck!" was called, and the Twelfth Naval District Band shook the Clinical Assembly auditorium with its tunes.

A Certificate of Appreciation was received from the President of the United States. Letters of Appreciation were read from RADM Alene B. Duerk, Director, Navy Nurse Corps, the Chief of Naval Operations and our Commanding Officer. The Meritorious Service Award Medal on behalf of the Secretary of the Navy and a Certificate of Merit from the Surgeon General were presented at the retirement ceremony.

CAPT Smoker's orders were then read, directing her to proceed to the home of her selection, which happens to be Lewistown, Pa. However, the Captain did not take her leave without first saying a few remarks in farewell to her friends gathered in the Main Dining Room for the reception in her honor.

On the Bookshelf

There's something for everybody at Crew's Library.

Like westerns? Oklahoma's Clifton Adams has done it again for Doubleday. Read his 1973 work, Hassle and the Medicine Man. Or Lewis Patten's The Tired Gun. Max Brand's War Party. John Prebble's Spanish Stirrup, and Other Stories. John Reese's Weapon Heavy.

For a little fiction, read Come Winter, by Evan Hunter. Once Is Not Enough is Jacqueline Susann's story of a young woman obsessed by her love for her movie-producer father. Or for a biographical novel, Jan Jordan's Give Me the Wind dramatizes John Ross' struggle as a leader of the Cherokees to prevent their tragic removal from Georgia.

Who's Been Doing What . . .



SLEEPING THROUGH the important occasion of his father's reenlistment is Stephen Paul, the son of BM1 Gary Mabbitt. RADM R. E. Faucett, Commanding Officer, looks on as Gary signs on for 6 more years, his third reenlistment.



AUGMENTING from NRMC Branch Dispensary, Mare Island is LT Richard Reisenhuber, MSC, USN.



ALSO AUGMENTING is LT James A. Blanks, MSC, USN, of Laboratory Service.



NRMC Branch Dispensary's HM2 Clifford Millhiser reups for 6 more years. He is in X-ray at Alameda Naval Air Station.



BACK TO SCHOOL for LCDR A. D. Reynolds, NC, USN, who is studying Administrative Nursing at Fresno State, working on her Master's Degree.



ADVANCED are HMC M. Sharit, PMT; BMCS A. Turner, Operating Management Service; HMC D. Bechthold, Lab; HMC F. Matthews, Operating Management Service; HM2 P. Ray, NP.



CHAPLAIN ALVIN B. KOENE-MAN receives the Navy Commendation for Service with Group 5, Pearl Harbor, July 8, 1971 to Sept. 1, 1973.



LCDR R. F. PROVENCHER, receives an assist as he is promoted.



ANOTHER REUP is HM2 Michael D. Sesic of X-ray Service. He has agreed to stay in for 6 more years, his first reenlistment.

Bits and Pieces

Many of our staff will recognize that CDR Robert J. Schweitzer, killed in an auto accident two weeks ago, was "our own" former POW. Once again his wife, Gwen, and her two sons will have to carry on alone as they did the many years following his shutdown in January 1968.

Mr. Tom Payne, laundry manager, has been elected vice president of the Northern California branch of National Association of Industrial Laundry Managers.

Have you noticed driving the freeways that three heads instead of one in a front seat create a chummy look. Put three more in the back seat and 'tis reported they can become uncontrollable on TGIF days. Florence Graham of Operating Service reports that the four in her car pool figure they save 450 gallons of gas every 6 weeks. She drives from Livermore with Lola Missley of 6-West, and HM1 Robert Ball and his wife Ruth Ann. Robert is in Medical Equipment and Ruth, an LVN, in the Allergy Clinic. In the Dublin, Pleasanton, Livermore areas there are 23 civilian, 17 enlisted personnel and 35 officers who work at Naval Medical Center.

too many Lone Rangers on the roads?



But if you want to spend energy and save money, do it like HMCS Paul Lightfoot does. He figures he has saved about \$40 a month since he started biking to work from Hayward.

You'll never tip-a-canoe (unless you get plenty tippy) if you enroll in the canoeing course offered by the American Red Cross. Water safety techniques, Zowie! That sounds pretty dull. But this ed can guarantee if you struggle on to certification, it won't be for you who are wild enough to ride wild waters. Ask Dr. Samuels in Dental Service about canoeing buffs.

So if you really don't want to get sold on adventure, don't talk to Mrs. John VanderMeer, the instructor. The Saturday February 23 class at the pool is only the kickoff. Followup lessons are given at Lake Chabot, Lafayette or Merritt. [If you dooooo want to get sold, on the near-free lessons, then do call Mrs. VanderMeer at 582-6898.] All staff and dependents are eligible.

Scenes by the
Sideline

By Ron Brown
CIC WINS TWO IN
A ROW

"Give us a second chance" is the chant by CIC as, after a slow start with five straight losses in league play, they bounced back with impressive wins over the Interns and Inhalation Therapy.

Two weeks ago, CIC defeated the Interns by a score of 39-18. Bob Miller led all scorers with 15 points on six field goals and three free throws, followed by Howard Weeks and John Verkleeren with 10 each.

Britt Blum led the losers with seven markers.

In the game played on January 30, CIC almost doubled the score over Inhalation Therapy as they won by a score of 48-25. Randy Dolphin led CIC with 14 points on seven field goals. Dan Danahy split the net for 11 points. Steve Stockwell led IT with eight points.

In other games played on the 30th of January, Duplicating maintained a mathematical chance of making the post season playoffs by thumping the Interns by a score of 48-25.

Pat Jasper led Duplicating with 12 points followed by Tony Tavares with 10.

Nic Newby, Gary Sawdy and Frank Morgan each scored six points in a losing cause for the Interns

Lab got back onto the win trail with a 43-30 win over OR. Bob Williams capped scoring honors with 19 points on an assortment of drives and 15-25 foot jump shots. Brad Cone led the losers with 10 markers.

PT/OT and Personnel, with six wins each, as of January 31 held high standing among the teams.

GOLFERS WANTED

Personnel are wanted to try out for the Varsity Golf Team to represent MCO in the 1974 12ND Golf League. The team is open to active duty officer and enlisted personnel attached to Medical Center Oakland.

The League starts the first week in April. Call Ron Brown, ext. 2350 or CDñ Tom Carson, ext. 2408.

Movie Schedule

- Friday, February 8
THE OFFENSE—Sean Connery, Trevor Howard—Drama (R)
Saturday, February 9
THE STEPMOTHER—Alejandro Rey, Katherine Justice—Drama (R)
Sunday, February 10
SILENT RUNNING—Bruce Dern, Cliff Potts—Science Fiction (G)
Monday, February 11
CLEOPATRA JONES—Tamara Dobson, Shelley Winters—Drama (PG)
Tuesday, February 12
DELIVERANCE—Jon Voight, Burt Reynolds—Action Adventure (R)
Wednesday, February 13
TRADER HORN—Rod Taylor, Anne Heywood—Drama (PG)
Thursday, February 14
THE TALL BLONDE MAN WITH ONE BLACK SHOE—Robert Castel, Jean Obe—Comedy (PG)
Friday, February 15
CHARLEY VARRICK—Walter Matthau, Joe Don Baker—Comedy (PG)
Saturday, February 16
JOE KIDD—Clint Eastwood, John Saxon—Western (PG)
Sunday, February 17
ONE IS A LONELY NUMBER—Trish Van Devere, Monte Markham—Comedy Drama (PG)
Monday, February 18
NO MOVIE—HOLIDAY
Tuesday, February 19
HANNIE CAULDER—Raquel Welch, Robert Culp—Western Drama (R)
Wednesday, February 20
SAVE THE CHILDREN—Marvin Gaye, The Temptations—Musical Documentary (G)
Thursday, February 21
HORROR EXPRESS—Christopher Lee, Peter Cushing—Horror (PG)
Friday, February 22
GORDON'S WAR—Paul Winfield, Carl Lee—Suspense Drama (R)

Two Transfer to Fleet Reserve



HMC EFREN T. TATAD, 19 years, 2 months, 29 days.



HM1 GEORGE E. CARTMELL, after 19 years, 2 months.

Y Excursions
Save YOUR Gas

There's a February 22-24 ski trip scheduled through the YMCA for the Donner Summit Area, with costs \$21 to \$27 including charter bus, motel lodging and insurance, making pickups at Treasure Island and East Bay.

For March 9 and 10 and 30 and 31 canoeing is scheduled for the Russian River which includes transportation, food, canoe rental and outdoor camping accommodations. Cost \$12.

Pt. Reyes backpacking trip for March 16 and 17 includes transportation, food, insurance and outdoor camping for \$8.

For information, call 885-0460. Should you be watching the bulletin boards more closely for these save-your-own-gas outings?

LEARN TO BEAT schedules—teach others the same! Make winning a habit!



AUGMENTING to Regular Navy—LTJG Marilyn Day. And congratulations on today being promoted to Lieutenant Junior Grade. She leaves in June for Yokosuka, Japan.



FOUR CARS (a bug to the left not shown) in 501 parking lot were forced to snuggle a bit too close when a garbage truck rolled down the hill following a fire and the result was Smasheroo.

Send Your Copy of THE OAK LEAF HOME!

Place
Stamp
Here

From
Naval Medical Center
Oakland, California 94627

To

The OAK LEAF

NAVAL MEDICAL CENTER, OAKLAND

Vol. 36, No. 4

Monday, February 25, 1974

MIDGE IS JANUARY'S SAILOR OF THE MONTH



"Midge" Peiffer is Sailor of the Month of this command for January.

Otherwise known as HM2 Margaret Jane Peiffer, our sailor hails from Hankinson, North Dakota. After Corps School at Great Lakes, Illinois, she reported, about 4 years ago, to our facility.

Her high academic achievement was recently evidenced in her specialty of X-Ray in the Certification Examination in Radiologic Technology administered by the American Registry of Radiologic Technologists. However, Midge has shown great adaptability. She has been assigned to the Officer Personnel Branch, Military Personnel Service, and she recently helped accomplish the conversion of over 200 E-5 and E-6 evaluations to a new marking system. Three weeks in advance of Bupers deadline!

When not in uniform behind her desk, Midge shows another side of her versatility. She likes making floral arrangements and likes to bake and sew. Right now though she opts for travel. Recently married, she would like to follow her Coast Guard husband who is TAD Alaska.

FIRE CHIEF GIVES WARNING

Motorists who are buying gasoline cans to keep extra fuel in their cars as a hedge against gas station closings are actually storing potentially lethal liquid bombs. Al Constantine, fire chief, warns that the heat energy force of one gallon of gasoline in terms of British thermal units (BTUs) is equal to 50 pounds of dynamite.

Gasoline vapors expand to fill the space in which they are confined. The expansion can split the

seams of an unvented can or plastic container and can cause vapor leakage from a vented "safety" can. A lighted match, cigarette or a collision can trigger an explosion.

The only acceptable method of "storing" gasoline is in the gasoline tank of your car. "Plan your route and schedule ahead of time," Mr. Constantine suggests, "so you won't be caught short of gasoline when stations are closed."

December's Sailor Cantu Can Do



HN John Steve Cantu's commendation reads,

"Hospitalman Cantu worked well independently (Orthopedic Services) in a conscientious and energetic manner never hesitating to put forth extra effort whenever he saw the need. His deep empathy and concern for his patients at all times exemplified the conduct which is expected but not always demonstrated in young corpsmen of today.

... during severe personnel shortages, in administrative departments, it was necessary to assign Hospitalman Cantu to the Enlisted Detail Office and Enlisted Personnel Office, despite his primary wish to be enrolled in the On-The-Job-Training Program in Orthopedic Cast Room Technic. He approached this assignment with great industry and determination and performed here too, in a timely outstanding manner."

John is a native Californian, born in Gridley. He was in pre-med at Chico when called into the service and hopes to continue a medical career when he completes his tour of duty.

Raising plants is a special hobby with John, and he also likes good organ folk music.

Moving Day Was A Happy Day For Chief of Nursing Service



It didn't surprise Leo Peterson of San Jose, when his daughter Lee was appointed Chief of Nursing Service to succeed CAPT Sue E. Smoker who retired recently. "I'm not surprised they chose her," he said.

But for CDR Lee Peterson it was a surprise that her first assignment as Chief of Nursing Service should be Naval Medical Center Oakland.

Naval Medical Center, however, knows the quality of CDR Peterson's work, the quality of her leadership and dedication to service. She has served here over 3 years under her retiring Captain.

CDR Peterson entered active duty at St Albans Hospital in May 1955, coming into the Navy from

being Assistant Head Nurse of San Jose Community Hospital. She was then here at "Oak Knoll" from 1955 to 1957 before seeing duty at naval hospitals in Guam and Japan. She returned to the Conus in 1959 and for 14 years saw duty up and down the East Coast. Her sea duty was on the USS SANCTUARY in 1967 before returning to the University of Maryland to secure her B.S. Degree, 1968 to 1971.

It was a welcome return, she said, when she rejoined her family on the West Coast and reported to this hospital on July 17, 1971. For CDR Lee Peterson, new Chief of Nursing Service, the move to the front office, a larger room, a larger desk, is another happy move.

As we go to press we have learned of the death of Senator William F. Knowland who for many years has faithfully helped the Veterans Hospitals' Christmas Committee provide a merrier holiday for the hospitalized veterans in the Bay Area.

Senator Knowland will be missed greatly by Naval Regional Medical Center Oakland.

The Oak Leaf

NAVAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emory J. Hatch, MSC, USN, Director of Administrative Services
LT D. D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Jusehka

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+ + Chaplain's Corner + +

WAITING FOR THE PERSPECTIVE OF TIME

In one of his poems, Milton writes of that fateful day when Adam and Eve are removed from their paradise. The poet has Adam saying to Eve: "For God toward thee hath done his part, do thine." That has always implied to me that God's part, for Eve, was past—and I don't believe that. His aid goes right on with Eve and Adam and you and me in an unending, unfailing companionship. I know about prolonged strain, and black horizons and menacing clouds, and impending crises that have become actual disasters. I have had a breaking heart and tears that could not be held back. I have been left, in Robert Louis Stevenson's words, with little more than "the half of a broken hope for a pillar at night." Like others in such a plight I went in search of, and prayed hard for, even argued with God, while anticipating some gracious and Divine intervention in my difficult condition.

One of the troubles I have when I'm stunned and bemused, in any hard bondage, is to wait for the perspective of time to discern God's hand in the occurrences of my days and nights. God is in my contemporary, but that awareness, more often than not, has been recognizable to me only when the consequences have become a memory.

Now I know what I did not know for so long, mainly that it is not the time element which matters. I do not have to view my present pathos with detachment, nor despair, nor with the numbing persuasion that nothing is being done. Although my human situation appears utterly desperate, God is at hand and His might is active in all my current events.

CDR WAYNE RUSHING, CHC, USN

Shed the Light

Energy crisis advice has often been given, "Turn lights off when not in use—even for a few moments. Switching lights on or off does not use any more energy than normal."

Frequently there has been questionable disagreement whether this refers only to incandescent lighting or florescent and neon lighting as well. When a query was put to Mr. Bill Bridges, a commercial lighting authority with the Pacific Gas and Electric Company, Oakland office, he advised that it is true, the power saving holds for all lighting. However, the switching on and off of the florescent and neon lights has a tendency to shorten the lamp life. The tradeoff is then the cost of the tube versus power.

Since the emphasis now is on trying to live with the energy crunch, whether at home or at the office, for power saving turn off lights when not needed.

Bits and Pieces

The friends of laundry foreman Emory King will be interested in knowing that he is looking forward to returning to work in a few months. Mr. King has been on sick leave since last March. He still has about 1200 sick leave hours remaining to his credit. That's protection as it was meant to be!

DEFINITION

HAPPY UP—A smile is a frown
Happy Up.

Civilian and Military Work For Common Goal

The two manpower systems civilian and military, have important differences. The military personnel system is highly centralized. Input is at the lowest level, rank is in the man, career progression is "up or out." The civilian system is primarily decentralized. Input is at any level. "Rank" depends on duties assigned; it is position oriented rather than person oriented. There is no requirement to advance or get out.

THE NAVY has 355,000 civilian employees, compared to 566,000 military.

DID YOU KNOW that damp charcoal can ignite spontaneously. Store charcoal in a cool, dry ventilated area.



BLOOD GIVEN on February 25 earned for military donors a day off from work. "Eased the hurt a lot," one corpsman commented.

Ward 29 West, HA Brown speaking.

Good morning. This is Chief O'Connor, Career Counselor, and I'd like to speak to HN Smith.

Hey, Smitty, the Career Counselor is on the phone and he probably wants to get you into his office, and probably give you a "shipping over talk" and make a "Lifer" out of you.

This is HN Smith, May I help you?

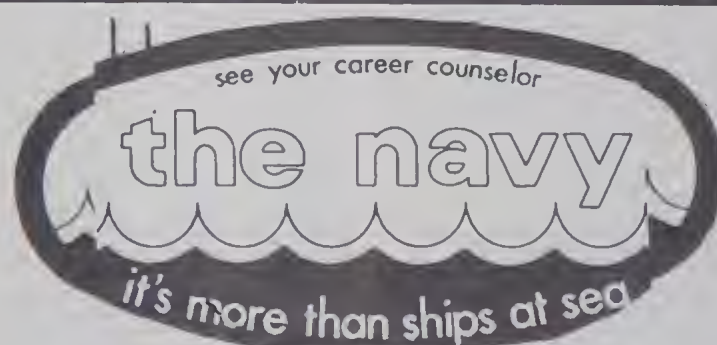
Yes, this is Chief O'Connor. I see that you are in receipt of orders and I'd like to see you about your entitlements on transfer. Would you be able to drop in my office tomorrow at 1300?

Sure, I'll be down tomorrow.

See Smitty I told you he'd want to get you in his office and give you a shipping over talk. Isn't that right, Oley, that's all those lifers care about!

Not really, Brownie, I was down the other day and the Counselor knew I was getting released from active duty in a couple of months and that I'd decided to split. He really filled me in on all of the benefits that I'm entitled to as a veteran. I knew about educational assistance but not all of the rest of my bennies under the G.I. Bill. He also told me about reemployment rights, unemployment compensation, job finding assistance, civilian career opportunities, health and dental care from VA, my military obligation Naval Reserve programs and home loans. He also told me how long I had to use my benefits before I lost them; I thought they were good for ever. He really gave me the whole ball of wax so that when I'm a civilian again I can take advantage of them.

Yeah, me too, Brown; Harry and I were called because I am due for discharge in about 10 months and Harry is due for rotation to sea duty. The Chief explained



CAREER COUNSELING
WHAT'S IT ALL ABOUT
"SHIPPING OVER TALKS"?
By NCC O'CONNOR

the enlisted assignment system and how to fill out a duty preference sheet. He did tell us about the bonus monies, guaranteed school assignment and duty stations and some of the advantages of a naval career, but as he said, "The Navy is not for everyone." But he wanted to insure that we had the facts so we could decide what was best for us.

Same with me. I saw a note in the Plan of the Day about educational opportunities available in the Navy, I went in and the counselor had all the latest scoop on what was available and for some that I wasn't qualified for he showed me some paths to take in order to upgrade my eligibility. He also told me about the officer programs available and what I needed for advancement. You know, Brown, I just got married, and I remembered that in X division the counselor mentioned additional benefits that are available to married personnel. I went in and the counselors explained about the medical care program for my dependents, my insurance benefits, my survivor's benefits and what happens to my family if something should happen to me. He even offered to explain to my wife so she would

understand what to do in case I get transferred to sea duty and am not around to help her.

Yes, he called me in too because I have 18 months in the Navy and am now eligible for some additional training programs and he wanted to make sure I knew about them and to help me apply if I wanted to take advantage of them.

Same here, I went for what you're going for, Smitty. I got orders to Japan, and the counselor told me about the Navy Sponsor program. That's where a letter is sent to your new command and they assign someone to write to you and tell you all the happenings there. He also explained about what I'm entitled to ship at government expense, like my furniture, my car, and what documents I needed, how much I could ship, my dependents' travel, advance pay, my travel monies, Navy motels that are available that charge about half of what civilian motels cost. Also, with the rating exams coming up, he made sure my requirements were entered in my jacket so there would be no hassle at my new station. He made sure an examination was forwarded so I wouldn't miss taking it. He knew a little about Japan and told me some of the places to visit and see; and he knew a guy that just reported in from there and he called him. I went and talked to him about Japan. It sure beats going to a new command cold.

Hey! Casey, where are you going? Oh, never mind, you're already a lifer; you reenlisted. I'll bet one of those guys gave you a good shipping over talk.

Not really, Brownie, I decided it was to my advantage to stay in, but I did see the counselor sometime back and I've been going to night school, and I found out that

(Continued on Page 7)

Who's Been Doing What . . . Many Have Been Reenlisting



Angeles Oakes Kohl George

SDSN OSCAR R. ANGELES reenlisted for 4 years, his first reenlistment. (He works in the BOQ.)

HM2 STEWART B. OAKES, for 6 years, his first reenlistment. (PMT student.)

HM2 RICHARD W. KOHL, in USN from USNR, his first reenlistment. (He is attached to the Branch Dispensary, Crow's Landing.)

HM1 JOHN F. GEORGE is staying 4 more, his fourth reenlistment. (PMT student.)

THESE, TOO, DECIDED TO STAY IN . . .

HMC GARY L. BRYAN also reupped for 4, his third reenlistment. (He works in Medical Repair.)

HM2 ALLEN E. KASPERBAUER, for 4 years, his first reenlistment. (Admiral's driver.)

HM2 DAVID H. POWELL, for 5 years, first reenlistment. (He works in X-ray.)

HMCS LESTER K. SALISBURY, for 4 years, fourth reenlistment. (Branch Dispensary, NAS Alameda.)

HM2 RONALD R. WILLIAMS, for 6 years, first reenlistment. (Branch Dispensary, NAS Alameda)



OPERATING ROOM Training Class 7401 completed 23 weeks of training. [Front row] LCDR Virginia Pritchard, NC, School Instructor; CAPT V. H. Fitchett, Chief of Surgery.; RADM R. E. Faucett, Commanding Officer, and the Speaker, LCDR G. J. Gavrell, Resident in Urology. [Back row] HN Randall Shannahan, HA Agapito Silve, HN Reginald Palm, HA Efstaphios Palaskas, HM3 Mark Klitz, HA Roger Johnson, HM3 Gary Hunter.

IF YOU ASK a patient how he feels, listen.

STAY OFF THE BED when you visit a patient. Movement could cause him pain.

SHHHHsssh in the hallways when visiting a patient.

Coming Soon-Good Nutrition Week, March 3-9



KRISTEN CAMPBELL (standing) student; Maria Cortes, Clinic Nutritionist, CDR M. J. Springer, Chief Dietitian.

Throughout the country plans are underway for observing this annual event. State and city proclamations are being sought from Governor Reagan and Mayor Alioto, work shops are being held and TV spots are planned. Here at NRMC a daily "Nutrition Newsletter" will be delivered to patients on their luncheon trays and distributed in the dining rooms. Nutrition materials will be available and posters will announce the week and its theme, "Nutrition saves."

How do you score on nutrition? Have you been selecting balanced meals daily, or are you missing some of the essential nutrients? This is the time to find out.

You are invited to a lecture on "Good Nutrition \$aves."

Where?—Clinical Assembly.

Bring your questions to be answered by the speakers.

Monday, March 4, 11 a.m. and 12 noon—Maria Cortes, R.D., Clinical Dietitian.

Tuesday, March 5, 11 a.m. and 12 noon—Sue Harris, U.C. Berkeley Dietetics student.

Thursday, March 7, 11 a.m. and 12 noon—Kristen Campbell, U.C. Berkeley Dietetics student.

A color film, "A Song of Arthur," will be shown. It is a light-hearted, Broadway-type musical with bouncy numbers to encourage and motivate people to prevent overweight before it becomes a major problem. Are you planning to get rid of some extra pounds? Come and find out how Arthur did it. You will enjoy the entertainment and pick up some practical health hints at the same time. The film will be shown at the following times:

Monday, March 4, 12 and 12:30 p.m.

Wednesday, March 6, 10, 10:30, 11 and 11:30 a.m.

Thursday, March 7, 10 and 10:30 a.m.

Friday, March 8, 11, 11:30 a.m., 12, 12:30 p.m.



HM3 STEVEN W. PETREE receives a Letter of Appreciation for outstanding performance as the only technician on the Alcohol Rehabilitatvyn Unit and as Psychiatric Technician on Wards 75A, B and 5-North.



LT J. M. GEORGE, NC, is promoted.

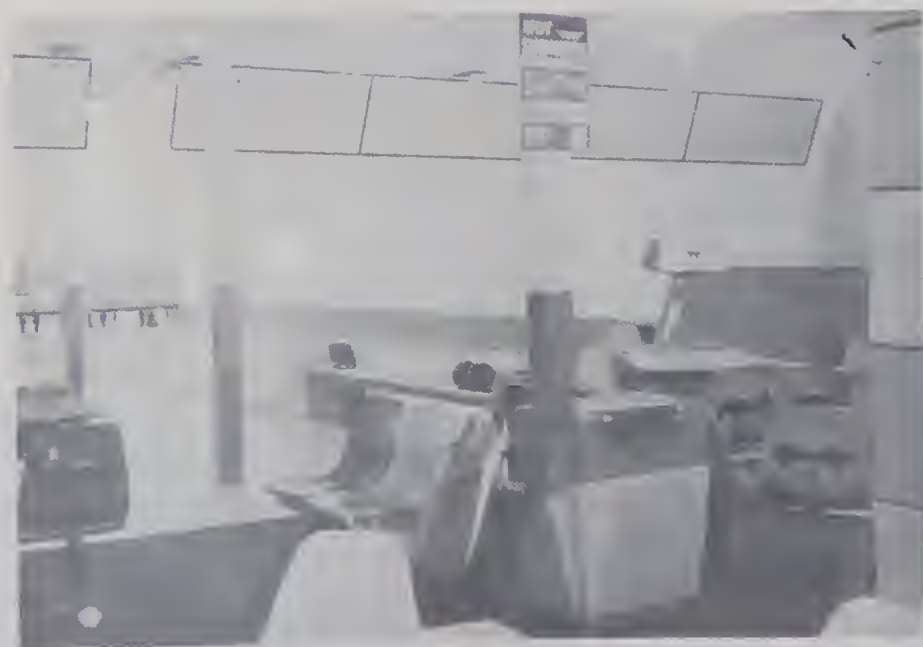


CAPT GEORGE GORSUCH lends a hand in the promotion of LCDR Robert Giere, DC, University of California School of Dentistry, San Francisco.

Recreational S



LCDR J. D. DeLAUGHTER is Chief of Recreational Service. He assumed that position September 1973.



The name "Recreational Services" may strike an unfamiliar chord to staff who have not closely followed the regionalization of Naval Hospital into the Naval Regional Medical Center Oakland.

When Naval Hospital became NMCO, five nonappropriated fund functions were consolidated under Recreational Services. LCDR John De Laughter heads this newly formed service. The Package Store, the Enlisted Mess (Open), the Chief Petty Officer's Mess (Open), the Commissioned Officer's Mess (Closed) and Special Services on January 1, 1974, were combined under this one service. Prior to consolidation, a pilot program, designed to improve and facilitate—with help of the computer—the purchasing, payroll and management, was established. Consolidation is intended to bring all purchasing, inventory and so forth, under one management facility. This is to derive greater benefits for all the clubs and Special Services.

Each entity of Recreational Services can provide something for every military member.

Special Services, usually thought of as that service which touches the lives of personnel on this compound principally in the area of entertainment, sports and recreation (aside from the clubs and messes) offers a variety of services. It is the branch, located on the second floor of building 38, which coordinates all recreation and entertainment at the hospital and cooperates with local civic and professional groups in sponsoring special events.

A lot of fun-life is offered through Special Services. This includes everything from discount coupons for "tourist attractions" to an active sports program. Special Services manages the bowling facility, swimming pool, movies and picnic grounds.

Discounts for attractions such as Disneyland, Knotts' Berry Farm, Sea World, Marine World/Africa USA, Movie World, Magic Mountain, a San Francisco Bay Cruise, the San Francisco Experience, Ripley's Believe It Or Not Museum, the Museum of Witchcraft and Magic, the Winchester Mystery House and Frontier Village are just some of the specials available. Many are available for civilian



WHO DO YOU SUPPOSE went shopping for Santa this 1973 Christmas? Mrs. Kathy Vantine. And then she helped wrap the presents too. Kathy operates the teletype which feeds information to the computer.

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or some dance or USO troupe are in town and would like to come aboard, who makes arrangements and alerts the wards? Right! Special Services at your service. It is also in Special Services that big fishing and hunting trips, excursions to the Monterey golf matches and other such fun-times are coordinated.

The annual Staff Children's Christmas Party is planned and coordinated by Special Services. Christmas 1974 some 350 children made reservations for the party. They each received a gift from Santa and were entertained by a clown and dog act.

Special Services goes beyond just fun-life. It also includes an active sports program, directed toward keeping our men and women healthy and competitive in a good sportsmanlike manner. There are presently 11 intramural basketball teams in active participation. The flag football season will be starting with 10 teams at play. This June NMCO will be hosting three tennis tournaments—the 12ND Women's, Senior and Open. Tennis lessons were given on base this fall and more than 50 persons completed their courses. Swimming lessons were also given with 200 children and adults finishing their sessions. Annually, the swimming pool tallies about 15,000 persons for plunges. Each Tuesday and Thursday the pool is reserved for physical and occupational therapy purposes and water games become both fun and rehabilitation.

The Bowling Alley and Pool Hall, located in building 103, has six lanes available for bowling (40 cents a line) with 21 teams in competition. Seven pool tables and two air hockey tables are available for use.

The Athletic Director, Ron Brown, schedules all athletic events for some 18 to 20 different sports. He employs and trains referees and umpires, supervises the preparation of the grounds and culminates each intramural season with trophy presentations—presented by the Commanding Officer.

The Enlisted Club, a part of Recreational Services, provides another ready source of entertainment. It is in building 78A and is operated for enlisted military personnel, dependents and guests. The manager, Mr.

(Continued on page 6)



THE SMILE belies the responsibilities connected with operating Special Services Branch. LT D. D. Thorson also carries the duties of Public Affairs Officer.



THE OAK LEAF EDITOR, Jo Spivey sizes a photo and prepares to paste up a layout for that ever-recurring deadline which rolls around ere the last one is met.

RES

EN

don't fall off in Green, about 3 to the big sign at posts greetings its of the day. ahead of fleet nt.)

Life Books and also available. trip? Check out bags, stoves, all at nominal right at Bear equipment—skiis, act to check out eggs to lounge in r, however, as provide the frills. necessities. If it is sing to ice down nic, or baseballs, and basketballs ss, Special Ser- picnic grounds, ball courts, a ed tables, are ervices. About 70 h year to ac- all as a single a club. Reser- ance, with staff over outside I that Vida Blue



Special Services McGlone just ers sign when ngdom card. in Lorraine's

Recreational Services



WHEN CHECKING OUT GEAR, you'll likely come across SM1 Ron Wright in the issue room. Yep, that's even a fishing pole hanging on the wall, and he can issue a reel with it. Need a ping pong ball or a badminton bird? See Ron.

THAT'S MMC GRACIANO CARANDANG, bowling alley manager checking out a pair of shoes to a player.



HENRY CASTIN,
Package Store Manager



JIM ROSEN, Enlisted and CPO
Mess Manager



JAY ROBERTS,
Officers' Mess Manager



ISSUE ROOM DUTIES also know HN Rick Rozelle a bit better. There's more to issuing equipment than the signing out. Regularly must be checked for repair and operational readiness.

(Continued from page 5)

Jim Rosen, has been endeavoring to bring in more good bands and the Enlisted Advisory Group has been studying means of improving the club to make it what the majority wants it to be. Staff enlisted can drop in for an evening with a friend without it hurting the pocketbook excessively.

The Chief Petty Officer's Mess (Open) is a popular meeting place for staff chiefs and their friends. Located in building 78B, it may be reserved by authorized patrons for special parties. Bingo is played here every Tuesday evening. Drop in at noontime for a beefwich or the special of the day.

The scene of a wide variety of social activities for staff officers and their families is the Commissioned Officer's Mess (Closed). Hail and Farewell parties, the dining-in, luaus, affairs hosting such groups as the Alameda-Contra Costa Medical Association and the Veterans Hospitals' Christmas Committee, dinner dances, outdoor barbecues, celebrations of anniversaries significant to the staff, retirements and more are all held here. Luncheon is served weekdays at reasonable prices.

The Package Store, located down near the pool, takes pride in the wide variety of wines and liquors which they stock. The hours of operation are convenient to the personnel on base; they are open from 10:00 a.m. until 6:00 p.m. Monday through Friday and from 9:00 a.m. until 2:00 p.m. on Saturday.

Recreational Services provides just a few of the many benefits available to Naval personnel. Take advantage of them!



SOMEONE HAS TO CLEAN THE POOL . . . or is that just Lifeguard HM3 Craig Lashmet fishing a girl out of the water?



PATIENT ENTERTAINMENT coordinator sorta forgot his job. Looks like HTC Max Gonzales is being entertained!



HEAR YE! HEAR YE! Discount tickets and coupons galore at Special Services. Savings at Disneyland, Sea World, Marine World, Frontier Village, Knott's Berry Farm, Winchester Mystery House and a host of others. Discounts on tires, lodging, bay cruises. Brouse through, and then come back often for new listings.



ATHLETIC DIRECTOR Ron Brown adds another pix of his winners to his bulletin board. His office houses many trophies won over the years for 12th Naval District Class B competition. We have won 32 championships in various sports over the past 7 years.

Women Integrated Into Mainstream of Navy Life

Enlisted women now have the option to participate in nearly every rating in the Navy. Today, the largest percentage of women are in the medical/dental fields, various aviation specialties and administrative fields. Women can be found around the world, working in shore billets from Japan to Italy.

Female sailors are enjoying the training of very technical schooling, from Data Systems

Technicians (DS) to Electronics Technicians (ET). They are also able to strike for such ratings as Boatswain's Mate (BM) and Personnelman (PN).

Today, more than ever before, women are sharing more varied responsibilities, in the Navy with their male counterparts. With the exception of combat situations, women continue to be placed in every possible billet, within the constraints of law.

Annual Leave Law For Civilians Modified

The Civil Service Commission recently issued regulations to place into force the new leave law approved by the President.

Key features of the new law are as follows:

—Newly hired employees, who previously could not use annual leave until their fourth month of work, may now use any leave earned during their first 90 days of employment.

—The previous limit on the number of days of annual leave for which an employee may receive cash payment when leaving government has been removed. Employees may now be paid for all annual leave to their credit at the time of separation.

—Previously, an employee could carry no more annual leave from one leave year into another than his or her annual ceiling, normally 30 days. The new law provides that previously scheduled leave which was lost because of the press of work or unexpected illness can be carried over in a separate leave account.

—An employee who has lost annual leave through administrative error may have that leave recredited to a special account. Those who lost leave through administrative error but who were separated before the new law was passed may receive cash payment for the lost leave by filing a claim within three years with the agency they last worked for. This provision of the new law is retroactive to June 30, 1973.

A FLASH LIGHT might shed light on a thief.

Hail & Farewell

ENLISTED REPORTING:

From Naval Hospital Corps School, San Diego, HAs Kirkland Conerly, David Bradford, Eric Mies, Edward Henderson, Donald Hodson, Joseph Rapoza, Charles Neddo, Deborah Walsh, Clifton Cortez, Jr., John David, III, Daniel Pipkins, Jonathan Starks, Sergio Torres, Paul Longaway, George Hernandez, Ross Lunderville, Don Schlien, Cynthia Waldron, William Wilson and Steven Peters.

From Naval Hospital Boston, Chelsea, Mass., HM3 Carlos Calvillo.

From Naval Dental Center, Naval Station, San Diego, DA Jose Davila, Jr.

From 3rd Marine Division, Rein. FMF, HM2 Lloyd Robinson.

From Naval Hospital, Long Beach, Ca., HN Robert Toman.

From U.S. Naval Activities, United Kingdom, HM2 James Renn.

From U.S. Naval Hospital, Guam, HM3 Roger Chasteen.

ENLISTED DETACHED:

To Range Support Detachment, Orpedo Station, Keyport, Wash., BM1 Gary Mabbitt.

To Field Medical Service School, MCB, Camp Pendleton, CA., HM3 Gary Mee, HNs Roland Nadeau and Bruce Long.

To Naval Hospital, Bremerton, Wash., HN Gary Chapman.

To LPA 248 PAUL REVERE, HM3 John McClendon.

To Naval Hospital, Guam, HM3 John Kerrins.

Released to Inactive Duty in Naval Reserve, DT3 Jerold May, HM2 Leonardo Mirazo, HM3s Richard Villa, Michael Kelly and Michael Watson.

Transferred to Fleet Reserve, HMCs Agnes West and Efren Tatad, HMI George Cartmell. Discharge from U.S. Navy, HM3 James Tracy, HMI Robert Deunger and DT3 Patricia Harmon.

Career Counseling

(Continued from page 2)

there are programs that pay 75 per cent of my tuition, books and fees. So far, I've got about 40 hours of credit at a fraction of the cost and it doesn't even count against my G.I. Bill. He also talked to me about the programs I'm eligible for because I'm an HM2. One was a program where a guy can go to school full time at Navy expense and get his AA degree while still on active duty. He told me about the possibility of a commission after I make HM1 in the Medical Service Corps and how to start building my background now so that I can have the best possible shot at it. I also know that Chief Barnes was down because he's going to retire soon and the counselor went over his retirement benefits, his pay, the Survivor Benefit Plan, his insurance and he gave him some booklets on what he's entitled to, told him how to prepare a resume and how to apply for jobs in civil service, how to get job referral assistance and other bennies he's earned.

Hey, you guys, I guess maybe that lifer does do more than give shipping over talks. In fact, I think I'll go and see him. I heard about a program that will send me to MIT for four years, give me a degree in engineering and a commission as a line officer. I think I'll see what he has to offer. Who knows, maybe in a couple of years I may be the new CNO.

Shipping over talks
That's not what it's all about.



Detectives your thing? That well known fictional detective Travis McGee is again in John D. MacDonald's *The Girl in the Plain Brown Wrapper*. By Rae Foley, *Trust a Woman?* Miss Seeton Sings, a Harper & Row Heron Carvic suspense. Richard Falkirk's *Blackstone*.

With investment classes ongoing on base, money management enthusiasts might want to read Donald Rogers' *Save It, Invest It, and Retire*.

Margaret Truman was in San Francisco giving personal highlights about her father. If you missed her, you might enjoy the insight given in her book *Harry S Truman*.



Sports Shorts

TWELFTH NAVAL DISTRICT SPORTS AND RECREATION

SCHEDULE OF EVENTS (Clip and save)

Feb. 26-27, Boxing, 8:00 p.m., 12ND Championships, NAVSTA Treasure Island.

Mar 5-6, Boxing, 8 p.m., 12ND Championships, NAVSTA Treasure Is.

Mar 20, Volleyball, 7 p.m., 12ND Men's Schedule

Apr 1, Golf, 12:30 p.m., 12ND League, Chabot Municipal Golf Course

Apr 2-4, Bowling, 9 a.m., 12ND Men's Championships, NAS Moffett Field

Apr 9-11, Bowling, 1 p.m., 12ND Women's Championships, NAS Moffett Field

Apr 14-20, Art Contest, 1 p.m., 12ND Contest, NAS Lemoore

Apr 17, Track and Field, 5 p.m., Invitational, NAS Moffett Field

Apr 24-25, Table Tennis, 7 p.m., 12ND Women's Championships, NAVSUPACT Mare Island

Apr 24-25, Table Tennis, 7 p.m., 12ND Men's Championships, NAVSUPACT Mare Island

IMPORTANT ANNOUNCEMENTS

Effective March 1, 1974, only credit cards issued by the Union Oil Company or affiliated oil companies will be honored at the Navy Exchange service station. Bank Americard, Master Charge or other cards previously used will not be honored.

* * * *

Again, please note, the Red Cross office has been moved from building 38 to building 71A, which is near the Child Care Center, slightly left up the hill from the Bank of America building.

Nominations In Order For Military Wife of Year

For the past 7 years Harrell International, Inc., a worldwide marketing company, has produced the Military Wife of the Year Contest which honors military wives of all the services for their outstanding contributions. Again this year the program has the cooperation of the Department of Defense, but the time is short for submission of nominations.

Submissions must be made

Scenes by the Sideline

By Ron Brown

PT/OT SURPRISES PERSONNEL IN OVERTIME

Throws League Into Three-Way Tie For First

Personnel had a short-lived one week league lead, as PT/OT leading most of the way threw the 1974 intramural basketball league into a three-way tie for first place. ENT shares the other part of the league's lead.

The PT/OT vs Personnel game was an overtime game as the regular game ended in a 36-36 tie.

And talk about pressure! Ask Tony Mundy of Personnel. He had to score two free throws with no time left on the clock at the conclusion of the regular game, with his team trailing by two points. He calmly sank the two free throws to force the game into overtime.

Art Davies of PT/OT School was the hero as he scored three points in OT to give PT/OT the 39-38 squeaker. Roy Trissell led PT/OT with 13 points. I.D. Howard led the losers with 13.

ENT kept pace right up with the leaders as they thumped the Interns by a score of 61-35.

Bill Combs led the winners as he scored 21 points on nine field goals and three free throws.

In other games played on Wednesday, February 20, Duplicating stayed in the playoff race by defeating Anesthesia by a score of 35-26.

Special note! In this game, Duplicating brought in a girl (Wave) to play for them. Yes! A girl named Lorrie Gonzales, first girl to play in a MCO intramural league.

Next week's games should prove interesting with one week left to play. Three teams tied for first and two teams tied for second.

through Naval District Headquarters and reach Commandant, Twelfth Naval District not later than February 28. The judging results must reach CHINFO no later than March 15.

To nominate a wife whom you feel to be outstanding in community, home and country leadership, secure your kit of instructions from Ron Brown, ext. 2350.

THE SHORT SHEET

Bethesda Is Site of University of Health Sciences

The Uniformed Services University of Health Sciences will be built on the grounds of the National Naval Medical Center, Bethesda, Md. Its goal is to help solve the military's problem of recruiting and keeping qualified health professionals on active duty. The new university will graduate at least 100 students annually. Upon enrollment, students will be commissioned officers in grade O-1. After graduation they will serve at least 7 years on active duty.

There Is a Denim Shortage

Most Navy exchanges will be without dungarees once their existing supplies are depleted. One manufacturer has agreed to supply the Navy with limited quantities of material through April, and Treasure Island is one of the centers to receive the dungarees under this contract.

Interest on Savings Bonds Upped to Six Per Cent

Both new and outstanding issues of Series E and H Savings Bonds have had their yields improved, so there would be no advantage in redeeming present holdings to buy new bonds. "Freedom Shares" are also affected by the new rate.

CHAMPUS Corner

Orthodontic Dental Care Authorized

[Limited to Dependents of Active Duty Members Only]

CHAMPUS is authorized to share in the cost of the treatment of certain orthodontic conditions (severe malocclusion) and related care under the CHAMPUS Program for the Handicapped. Only spouses and children of active duty members are eligible however.

Under the program, CHAMPUS may share in the cost of the treatment which is needed to correct, overcome or aid in adjustment to a handicapping condition. The orthodontic condition itself must be classified as a serious physical handicap. Preventive or interceptive orthodontic treatment or minor tooth movement is not an authorized benefit.

The following guidelines are used in reviewing applications for orthodontic care under the Program for the Handicapped:

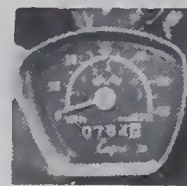
—An individual under 9 years of age will not be approved for orthodontic treatment.

—An individual 9 years of age or older with a minimum valid score of 25 on CHAMPUS Form 161, Handicapping Labio-Lingual Deviations shall be presumed to be eligible for appropriate orthodontic treatment provided the application does not disclose that the proposed treatment is primarily for one or more of the following: 1) Cosmetic purposes; 2) The support of other treatment modalities such as the realignment of abutment teeth to facilitate the placement of prosthetic appliances; 3) Assistance in the treatment of a periodontal condition.

For individuals over 18 years of age, the application to be approved must be supported by a certification of the orthodontist or other qualified dentist who is to provide the services that the requested treatment is not for one of the disqualifying reasons set forth above.

A REVIEW

I am only one
But I am still one.
I cannot do everything,
But still I can do something;
And because I cannot do everything
I will not refuse to do the something
that I can do.



Do not pray for easy lives. Pray to be stronger men! Do not pray for tasks equal to your powers. Pray for powers equal to your tasks.

—Phillips Brooks

Movie Schedule

Monday, February 25
THE MAN WHO LOVED CAT DANCING—Burt Reynolds, Sarah Miles—Drama (PG)

Tuesday, February 26
DUCK YOU SUCKER—Rod Steiger, James Coburn—Action Drama (PG)

Wednesday, February 27
BOOT HILL—Terrance Hill, Victor Buono—Western (PG)

Thursday, February 28
MAN OF THE YEAR—Rossana Podesta, Lando Buzzanca—Comedy (R)

Friday, March 1
MASSACRE IN ROME—Richard Burton, Marcello Mastroianni—Action Drama (PG)

Saturday, March 2
COME BACK CHARLESTON BLUE—Godfrey Cambridge, Raymond St. Jacques—Comedy Drama (PG)

Sunday, March 3
DR. JEKYLL AND SISTER HYDE—Ralph Bates, Martine Beswick—Horror (PG)

Monday, March 4
ENTER THE DRAGON—Bruce Lee, John Saxon—Action Drama (R)

Tuesday, March 5
BULLETS OR BALLOTS—Edward G. Robinson, Humphrey Bogart—Drama (None) (1936)

Wednesday, March 6
THE OPTIMISTS—Peter Sellers, Donna Mullane—Comedy Drama (PG)

Thursday, March 7
TALES THAT WITNESS MADNESS—Kim Novak, Jack Hawkins—Horror Drama (R)

Friday, March 8
INTERVAL—Merle Oberon, Robert Wolders—Drama (PG)

PW Functions To Be Combined

On July 1, 1974, about 66 union IBEW No. 2297 employees from NRMCO will be involved in a transfer which will combine public works functions of our facility with those of Naval Air Station Alameda, Naval Supply Center Oakland, Naval Station Treasure Island and Oakland Army Base (some 1200 employees total) into a new activity to be known as Public Works Center, San Francisco.

Planning, staffing and operational procedures are being coordinated by a Public Works Center Implementation Team within the Western Division, Naval Facilities Engineering Command. The consolidation will bring about economies of manpower and equipment through the elimination of duplicity.

Employees involved in the transfer will retain all civil service rights. It is expected that attrition from retirement and normal separation for most employees will lessen the impact of the consolidation. Evaluators suggest there may be a need even for recruitment in certain occupational areas, although this will probably not hold true for supervisory positions.

LCDR David H. Fluharty, Chief Public Works Service, ext. 2211 may be contacted if there are questions.

BORN AT...

Naval Medical Center Oakland on February 5, 1974, Ross Jay Haenfler, 8 pound, 8 ounce son of Ruth Jane and LTJG Duane R. Haenfler on February 13, Norberto Salamat Banez, 7 pound, 11 ounce son of Amelia S. and HMC Norberto B. Banez on February 15, Dorinda Dawn Decker, 8 pound, 9 1/2 ounce daughter of Lorie Ann and HM3 William J. Decker on February 18, Heather Marie Toman, 8 pound daughter of Patricia Marie and HM3 Robert L. Toman.

The OAK LEAF

NAVAL MEDICAL CENTER, OAKLAND
Vol. 36, No. 5 Friday, March 8, 1974



The Bull Ensign— IT'S LIKELY TO BECOME TRADITION AT NRMCO

There is a bull Ensign loose at Medical Center Oakland these days. Toting around a symbol of the Most Senior Ensign rank, the Brahma.

Spell it with a capital B. (The lower case animal is mere domestic fowl.) In India, that Indian breed of humped cattle, is sacred and is allowed to wander upstairs and downstairs and in the ladies' chamber without being molested. The Hindu Brahman is of the highest caste traditionally assigned to the priesthood. In New England the cultured upper-class are referred to as "Brahmin's." Being mighty fond of the Medical



Service Corps, even in this period when it is the Medical Corps' time to shine on their 103rd anniversary, CAPT E. B. Miller, Executive Officer of NRMCO, decided to present a Bull Ensign Award to the Senior Medical Service Corps Ensign in the region.

The first person to hold that bullish title was ENS Patrick Murphy, Naval Dispensary, Treasure Island. But very soon



CAPT Miller, ENS Murphy

after receiving the outstanding recognition, ENS Murphy added a half stripe and the title of Bull Ensign passed to ENS Judy Benny, Medical Center, Oakland.

"Don't forget," CAPT Miller stressed, "that's the Medical



LTJG Murphy, ENS Benny

Service Corps we're talking about!"

And that's no bull.

This Fish Tells Its Own Fish Story



THE 55 POUNDER was caught by DTI John Cooper.

MEDICAL CORPS CELEBRATES 103rd ANNIVERSARY

The Surgeon General Sends Greetings

To all officers of the Navy Medical Corps:

By observing the legislative birth date of the Navy Medical Corps on 3 March, we not only honor a proud tradition of well over 103 years' dedicated service to man and nation, but we also pay tribute to countless numbers of predecessors whose diligence and sacrifice ensured our legacy.

If there be those who challenge our expertise and efficiency in the modern delivery of health-care services, let them regard the achievements of our forebears and teachers. Let those who question proficiency instruct us: in the management of dysentery and smallpox at Antietam; in the medical support of invasion landings at Salerno Beach, Normandy, and Iwo Jima; in endurance—through convulsive dilations and constrictions of manpower and resources—before, during and after wars. Let them consider how best to manage a rocket-ridden hospital in Danang; or develop and provide unlimited supplies of freeze-dried blood within combat zones; or install and operate renal dialysis units in the South China Sea.

Respected historians admonish those, who, ignorant of the past, would presume to resolve present dilemmas. In celebrating this 103rd anniversary of the Navy Medical Corps, and in a ceaseless striving to improve upon the delivery of medical care in the U.S. Navy, may we never be guilty of that indictment. May the quality of our performance accurately reflect the depth of our affection for, and personal commitment to the United States Navy and its Medical Corps.

Happy birthday!

VICE ADMIRAL DONALD L. CUSTIS,
Surgeon General of the Navy.

The Oak Leaf

NAVAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services
LT D. D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka

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THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Medical Center, Oakland, California 94627.

+ + Chaplain's Corner + +

Oftentimes we become satiated with the superficiality that surrounds us. We thirst for the genuine and the true. People seek happiness and make it the goal of their lives. But they often look for it in the wrong places. They search for it everywhere except within the depths of their own hearts.

Here in the hospital we can daily meet people despondent or lonely in their illnesses. They need most of all the company and understanding of a kindred spirit. The ultimate reassuring word to them can come from us. Many products are advertised as having the answer. Maybe we ought to think about advertising God a little more because ultimately He alone is Truth and He alone is Happiness.

God is like Ford,
HE has a better idea.

God is like Coke,
HE's the real thing.

God is like Pepsi,
HE's got a lot to give.

God is like Standard Oil
You expect more from HIM,
And you get it.

God is like Pan Am,
HE makes the going great.

God is like Alka-Seltzer,
Try HIM, you'll like HIM.

God is like Bayer aspirin,
HE takes the pain away.

God is like Hallmark cards,
HE cared enough to send the very best.

God is like Tide,
HE gets the stains that others leave behind.

God is like a Mattel toy,
You can tell HE's swell.

God is like VO5 hair spray,
HE holds through all kinds of weather.

God is like Frosted Flakes,
HE's grrrrrrrrreat!

LTJG TOM BORKOWSKI, CHC, USNR

Marines Send Anniversary Greetings

Anniversary Greetings, Navy Medical Corps—

On the 103d anniversary of the Navy Medical Corps, I am happy to extend my personal congratulations, as well as those of my fellow Marines, for another year of exemplary service to us and our families. All Marines join me in this salute to the medical officers who have, are, and will continue to support us in both war and peace. Your diligence and professionalism in the face of adversity have earned for you the respect of the Marine Corps. You have continually given your utmost in supporting us during periods of tribulation. The fine reputation and high regard in which you are held is well earned.

Best wishes for continued success.

R. E. CUSHMAN, JR.,
General, U.S. Marine Corps,
Commandant of the Marine Corps.



Exec-Line

* I feel it would be a good idea for the facility to have bicycle racks somewhere near building 500 for the personnel in the hospital who are trying to save gasoline by biking to work.

That is an excellent suggestion. A bicycle rack is being installed at the rear of building 500 at the second floor level north of the main outpatient entrance.

* The gate by the Officers' Mess (Closed) is open in the afternoon. Why is it not open in the morning? This would eliminate a lot of traffic at the main gate.

There are very few delays longer than 2 or 3 minutes at the main gate during the morning rush period from 7:30 to 8:15 a.m., and ingress and egress by that route during normal working hours are for security control reasons. For convenience to staff personnel the gate near the Officers' Mess is opened from 3:45 to 5:15 p.m.

HEAR YE Uniform Changes!

Effective immediately the winter working blue uniform is authorized to be worn in all offices and working spaces throughout the region. This uniform is not to be worn by anyone in a direct patient care situation.

The uniform consists of the officer/CPO blue flannel or polyester shirt with the appropriate badge of rank or rate, black necktie, blue service dress trousers, black shoes, combination cap with white cover and the appropriate belt for officers, CPOs, E-6s and below. Service stripes (hash marks) are not worn.

All personnel availing themselves of the option are reminded that the complete uniform must be worn at all times. This includes a necktie which shall not be removed under any circumstances.

The service dress blue blouse is authorized as optional outer wear with this uniform, but it in no way changes the status of this uniform from that of a working uniform.

The winter working blue uniform shall be worn only while at work and while traveling between residence and place of work.

From the Desk Of the SEA



Personal appearance and conduct of the Navy man and woman are limited by specific guidelines commonly characterized by the phrase "... that would reflect great credit upon oneself and the Navy."

Today's modern Navy allows great latitude in dress and grooming standards, both of which have been updated to coincide with the standards of society at large. It is the individual's responsibility, however, not to misinterpret nor purposely extend or ignore the guidelines. Blatant disregard for these rules can result in reprimand or disciplinary action.

The advent of the new enlisted dress blue uniform places even more emphasis on good grooming. Excessive hair length is immediately evident when wearing the white shirt. Untrimmed beard or moustaches will detract from one's overall appearance.

Know Safety Rules



With These Gas Savers

THE GASOLINE LINEUP starts at the Package Liquor Store, and continues back by the swimming pool and ends up in the 30th Street parking lot. Cheers! at 2:30 p.m. on an "odd day" there were only 100 cars in 40 minutes.



A Hospital Is For Patients

24 Legs For Vail

Rickenbacker's Pal Is Patient Patient

In June 1972 at the 21 Club in New York City, at a table always held in reserve for CAPT Eddie Rickenbacker, four World War I buddies met for luncheon. CAPT Rickenbacker was there then, Kingman Douglass, Alex McLanahan and William Vail.

Maybe the entire conversation at that corner table wasn't a refight of War I, but the four certainly shared exclusive memories. They were the guys who, back in 1918, flew the one seater, single engine Spad 13's in combat over the Western Front.

In 1914 at the beginning of the war, the "aeroplanes" flown by the Allies were still in their infancy. The English and French had been using a few of the primitive jobs, still in development by their pioneers, against the common enemy, the Germans. Mr. Vail remembers the first plane he ever saw.

As an inquisitive 12 year old boy, in 1909, he had stood on the edge of the Cicero Aviation Field on the outskirts of Chicago to watch one of the Wright brothers take off in an early model of their invention. Then in 1917 America was in the war, and Vail was one of a group of seven volunteers to enlist in Chicago. Back as a boy of 12, little did he dream that one day he would be flying one of those crude flying machines in that European war to end wars.

At 12 he could not have guessed that as a First Lieutenant in the then Signal Corps that he would be in the Battle of the Argonne in 1918. And that while flying one of those still somewhat experimental planes in a diversionary tactics attack against nine enemy planes that he would have his left leg sheared off in the dogfight. Or that he would earn for himself the Distinguished Service Cross, the

Silver Star and the Purple Heart. (Many officials thought he should have won the Congressional Medal of Honor, but in those days airmen had not gained their rightful recognition. Of the World War I pilots, even Eddie Rickenbacker was not to receive his medal until 1934 under congressional pressure.)

ease the phantom ache. But he feels only air; no illusory pain. Some amputees described it as a feeling of having a steam roller crush the bones; others say it is like having hot molten metal poured on raw flesh. It is hard for Mr. Vail to describe his pain, but he says the intensity of it has increased rather than lessened with age.

Only recently—it could well be said "currently," since 1973—has pain been looked on as a disease, not a symptom. Something is being done about it through research in a "Pain Ward" at Veterans Administration Hospital, La Jolla, Ca. For many, some of the younger fellows, thresholds of pain have been eased, reduced in some cases from 100 per cent to five per cent. For Mr. Vail, after six weeks in the pain ward, there was little improvement, although he did learn to control the effects to some extent. He hopes there will be breakthroughs in research in finding the hellish center of pain—similar to locating the speech and visual centers in the brain.

Meanwhile, as he patiently adjusts to his new leg, it is easy to understand why Mr. Vail has little patience for the veteran, or for any patient, who suffers from the psychogenic pain of a hang nail, more or less. As a veteran who has received 100 per cent disability for 54 years, he gives testimony that the sacrifices of the veterans of World War I should not be forgotten. Also, to men like him, aviation will ever owe its own debt of gratitude.

Mr. Vail definitely asserts that it should not be forgotten that the reality that goes with the memory of at least one of Rickenbacker's "boys" is, most assuredly, no 21-Club martini midday interlude.



GOING FOR E-3 caused Richard Martin, BTFA, E-2, patient on 7-North, to shut out the world and totally ignore cribbage players and visitors of other patients around him. He was studying assignment 9 and said he had only 10 days left to reach assignment 17. Here's to lobster and steak for you, Mr. Student!



Bob Boudreau

WHEN A MARINE gunner returns to his old hospital for a little "patching" all the old timers that he left behind in 1966 get bear hugs. Red Cross worker, Claire Breuer, was just one of the visitors who got a big buss in Room 705-North.

The CREDO of a Handicapped

The important and decisive factor in life is not what happens to us. But the attitude we take toward it after it happens.

The effect that a misfortune of sickness, accident, or "handicap" has

Upon us is determined by the way in which we meet it.

—Author Unknown

I do not choose to be a common man. It is my right to be uncommon—if I can.

I seek opportunity, not security.

I do not wish to be a kept citizen.

Humbled and dulled by having the State look after me.

I want to take the calculated risk!

To dream! And to build! To fail!

And to succeed!

— a Double Amputee,

Naval Regional Medical Center
Oakland

The Nurse

(A tribute by Robert L. Garner, RM2 (SS) (DV),
Ward 7-West)

While you're laid up in traction, flat on your back,

Bruised and swollen against an ice pack,

The only attendant to ease this curse

Is that wonderful person, known as your nurse.

She's full of compassion, and offers you cheer.

When your bedpan is needed, just ring, and she's there.

She's a helper, a friend, a person you need.

When she's through with her shift, she's a woman indeed.

She's a sorcerer's apprentice; her magic is strong;

Her burden is heavy; her hours are long.

Without her, the doctor could never succeed.

She's the first one to follow, and first one to lead.

She's frazzled, and dazzled, and runs 'til she's sore.

She's pushed to the limit, yet comes back for more.

She's dressed all in white from her head to her feet.

Yet as hard as she works, she always looks neat.

Yes, she's all of these things, but I've only begun.

She's a warden, a mother, a doctor, a nun.

So next time you're hurting and start to feel worse,
Just push the button.

YOU CAN COUNT ON YOUR NURSE!



Who's Been Doing What . . . Classes in Mamma- and Papahood Are Held Weekly At NMCO



When the expectant mother phones the appointment office and says, "I think I'm pregnant," she is directly scheduled into a prenatal class and the father is encouraged to attend. Many do.

In the class of Tuesday, February 26, there were about 39 women and 12 men taking in the lectures on correct dress, nutrition, dental care, anesthesiology and other physical and emotional aspects of becoming a parent.

The classes start early, at 8 a.m., and continue until about 11:30 each Tuesday. When the doctors, nurses and dentists are finished with their instruction, a Red Cross volunteer

explains how the Red Cross can help—and then proceeds to do so.

Mrs. Susan Botnik, a volunteer of some 9 months, makes the initial appointment for the physical for some 35 to 40 mothers-to-be.

"I only wish I had been fortunate enough with my first child to have had instruction such as is given here," another Red Cross volunteer who was standing by said.

Blue Completes Course

The BEQ Management Course which SM1 Charles M. Blue recently completed in Memphis didn't specify that the barracks should be jazzed up with bright colored doors. However, paint and rennovating are going on at the

BEQ that will at least give the 282 enlisted men and 30 women housed on its six decks a lift.

SM1 Blue hopes that when enlisted personnel report to the BEQ and are handed a "Welcome Aboard" package to familiarize them with our facility that they will really feel they have a welcome and a home here.



SDSN OSCAR R. ANGELES, the personal steward of the Commanding Officer's household, shipped out for duty aboard the USS SAN JOSE. He was presented the Navy "Well Done" and also received a framed collage of many memories.



UP THEY GO, advancing in the Navy. To HM3, R. Springmeyer, R. Jones, J. Gillis and A. Adams. To HM2, T. Balicki, C. Bittle and M. DeLong.



FIVE GOOD CONDUCT MEDALS AWARDED Let's Do It Again Pack?



The Good Conduct Medal has a picture of the USS CONSTITUTION and the words "obedience" and "fidelity" engraved on it.

On February 26, 1974, five such awards were presented at Naval Regional Medical Center Oakland by RADM R. E. Faucett, Commanding Officer. He called attention to a box on his desk "Made from the original oak removed from the gundeck of the USS CONSTITUTION in 1921 during restoration."

"The USS CONSTITUTION," he said, "symbolizes the Navy, and even in our changing Navy, one facet that has remained constant is that conduct."

Admiral Faucett pointed out that a Navy Commendation Medal can be earned for a one-time deed; however, the Good Conduct Award signifies a continuing record of good behavior.



GOOD CONDUCT AWARDS for HM3 C. Calvillo, HM2 A. Bethune, HM3 B. Burke, HM2 C. Morelli, Jr., and HM2 C. Bittle.

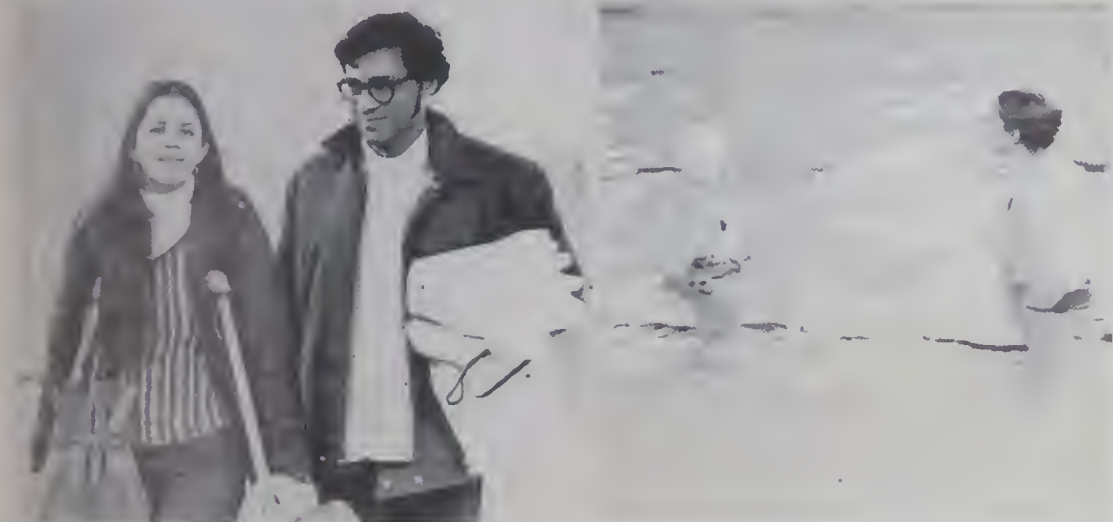


SIXTEEN WEEKS of training over, Neuropsychiatric Technician School Class No. 69 graduates 15. [Front row]: HA G. Petrosky, student speaker; LTJG A. Koeneman, Chaplain; CAPT R. Stein, Chief of Service; LCDR S. Stiles, guest speaker; LTJG K. Patusky, NC. [Second row]: HM3 M. Glaser, HM2 E. Dunbar, Jr., HM3 N. Guerra, HM3 Walker, HM3 K. Weiland, HM3 M. Dohm, HA L. Hodges, HM2 P. Noland, HM3 B. Allen, HM3 B. Obrian, HM3 T. Tucker, HM3 W. Boyd, HM3 D. Palmer, HM3 M. Armstrong.



IT'S A BIG SPLASH AT THE NMCO pool each Thursday when patients indulge in water basketball for their occupational therapy. The going can get fairly rough even for the three or four therapists out to demonstrate how it's done. [It happened to be a patient who dropped seven goals for his side during an afternoon's game.]

New equipment for water sports for the occupational therapy sessions was donated by the Navy Mothers' Club of America No. 13. Items consisted of balls and floating baskets.



PHYSICAL THERAPY BRANCH also puts the big pool to good use, and the pool is often shared for this purpose with other hospitals. Elaine Lucero and her physical therapist Al Tovar of Fairmont Hospital, San Leandro arrived to continue exercise workouts. For Elaine the crutches are a sign of progress. It has not been too long that she "graduated" from a wheelchair.

Also shown above is patient Elma Brock in her second week of therapy, working out with PT technician Mary DeLong.



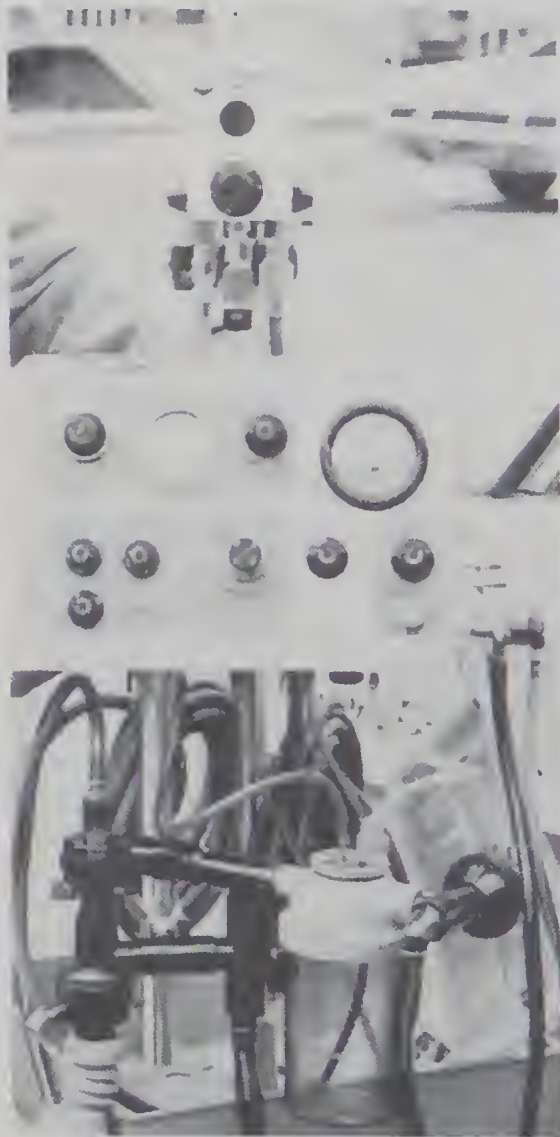
R. C. KELLY, Public Works, paints from the bottom to the top floor, then starts again. Freshening up is now to the seventh deck.

MRS. ANNA GARY, LVN in OB&GYN, retires after 28 years. She came to MCO in January 1949. Mrs. Theo Buggs has been with us since December 1966 working in the laundry. She is retiring after 18-1/2 years.



LABORATORY TECHNICIAN BASIC CLASS 7402 completes 14 week course. Front row: HM3 Renato Reyles, HN Steven Barreras, HN Lawrence Hogan, HN Marion Tillman, HA Kenneth Culliton; rear row: HN Arlan Christoffersen, HN Floyd Motes, HM3 David Buhmann, HN Michael Walker, HN Robert Williams.

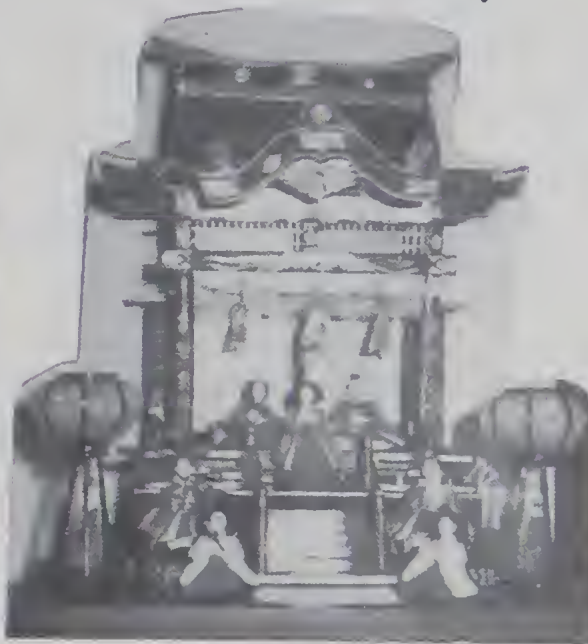
NMCO Receives Its First Baby Bird



On February 27 the first Baby Bird pediatric ventilator was received at this Medical Center. The machine has been in use about a year, but previously our "preemies" with respiratory distress syndrome had to be rushed either to Children's Hospital, Oakland, or to San Francisco.

Now our babies with immature lungs will receive attention right here on base.

Japanese Custom Heralds Girls' Day



Mary Takai, Secretary to the Deputy Commanding Officer and of Japanese descent, shared some oriental tradition with third floor employees when she set up the Festival of Dolls for the week of March 4. The dolls shown above were a gift from her father. Within the Japanese culture ceremonial dolls are handed down from generation to generation.

Usually the sets contain 15 beautiful dolls; and the dairi-sama or Emperor and Empress receive center stage. The peach blossoms in the arrangement are representative of happiness in marriage and the whole is symbolic of the love of children by the Japanese parents.

March 3 in Japan is considered Girls' Day and sets of dolls are given to new girl babies according to the ancient customs. Yet boys of Japan have their day too; May 5 is Boys' Day.

Mess (Closed), curves around down by the picnic grounds, weaves on loop.



Sports Shorts

Scenes by the Sideline

By Ron Brown

PERSONNEL & DUPLICATING MEET FOR STATION BASKETBALL CHAMPIONSHIP

With Tony Mundy leading the way with 28 points, Personnel survived a last minute surge by PT/OT School and went on to win the all-important first game of the 1974 Intramural Basketball playoffs by a score of 73-51.

The second half was the big half for Personnel as they outscored PT/OT 41-20 after leading by only a 32-31 tally at the intermission. Rick Johnston aided Personnel's cause with 12 points on four field goals and four free throws, followed by Dave Heston and Mel Goodloe each with 10 points.

Roy Trissel led PT/OT School with 18 points with Jim Christenson garnering 10 points, followed by Art Davies with 8.

Personnel will now play Duplicating, a surprise upset winner over ENT, for the Station Championship.

On paper, Duplicating was not supposed to win this game with ENT, but as has been proven many times before in playoffs, anything can happen.

Jim Poppink led Duplicating with 21 points, followed by Jerry Kolling with 12 points. Terry Riley split the net for 11. Dave Powell led ENT with 21 points on eight field goals and five free throws. Bill Combs followed with 14 points.

The championship game between Personnel and Duplicating was held on Thursday, March 7.

Sign ups are now being accepted by the Athletic Director for a Station Tennis Ladder Tournament open to any active duty military officer or enlisted personnel. Call Ext. 2350.

Bits and Pieces

It's good to hear a patient give forth any time with complimentary remarks about our Medical Center. Recently a patient on Ward 7-North, Mrs. Margaret Kelsey, paused as she was going down the hall in her wheelchair to laud our good nurses especially. She credits the encouragement of one "Nurse Hammond" with pulling her through a very hard time a few years back.

Mrs. Kelsey also related a recent experience of being taken to "X" Hospital after a heart attack. It was a very plush hospital and had nurses a-plenty, she said. "But you know," she went on, "I wouldn't trade this one and the kindness I have received my many times in and out of it for 77 deluxe X hospitals!" Well, maybe that's not a true quote, but it is the essence of Mrs. K's praise anyway.

Main topic of conversation around the halls these days is "How long did you wait in line?" Everyone knows for what. Despite Administration doing all in their power to improve on the gas waits, the tales of time by one person is quickly topped by another, ranging upward to two hours.

One definite Good of the Bad is the statistic given out of Washington, that in the first month of the national mandatory 55 mile-per-hour speed limit, deaths on U.S. highways were down 23 percent.

Even before the slowdown on the freeways, one of the doctors at the dental annex who drives in from Walnut Creek took some of that time to use his E-Z dental floss holder to work on plaque control. And when two cars are set on cruisamatic, two lanes drive along so evenly that occupants can converse about the weather.

An e. e. cummings sign on a Wave's door at the BEQ reads, "I thank Heaven someone's crazy enough to give me a daisy." And that same occupant had made a few corrections on that familiar bumper sign so it now reads "Sailors are More Fun!"

Another handwritten sign on a door announced "Beware, Gummer's Mate Inside!"

Receptionist Audrey Buckler, Internal Medicine, finds it rather difficult to thank the nurses and doctors who contributed for a gift of flowers for her during her two weeks' stay in the Medical Center. She knows several people from several departments did, but she never received a card with their names.

We have learned that Mr. Aleck Bowater, Transportation, is out of the hospital. His home in Pleasant Hill was about 65 per cent destroyed by fire over the past weekend; only through the good fortune of a neighbor seeing the blaze was he saved. Good wishes for a complete physical recovery in this time of personal disaster.

Navy Provides Specialized Training

With the advanced technological equipment that is so prevalent today has come an increasing demand for specially trained personnel to operate the equipment. For example, computers are becoming more and more important in the Navy. Operation and maintenance of these man-made "brains" are the responsibility of Navy Data Processing Technicians (DPs) and Data Systems Technicians (DSs). The Navy has a program to train personnel to operate its systems.

Computers and DPs and DSs, however, are but one team of specialized equipment operators which are an essential part of the modern Navy. There are countless others which contribute equally necessary and vital functions. The Navy is currently striving to provide all newcomers with the training necessary to perform the functions of his rate and become an integral part of the Navy team, and vocational training is one method being employed to achieve this end.

Enlisted Reporting:

From: Naval Hospital Corps School, Great Lakes, Illinois, HA Deborah Schulz.

From: Naval Hospital Guam, HM2 Robert Hughes.

From: Naval Hospital Corps School, San Diego, HNs Clarence Sharp, Charles Mason and David Rust; HAS Mark Hertz, Freddie Dogan, Bartlett Jarvis, Douglas McKinley, Steven Orsini, Richard Smith, Steven Williams, Geoffrey Bjorgan, Michael Smith, David Call, Michael Scott, Kelly Beaumont, David Chan, John Cerda, Robert Ray, Jr., James Bessette, Michael Rawlins, Victor Biskup, Odis Daugherty, Steven Hewitt, Clifford Terry, Douglas Rodgers, Michael Carolan and Peter McNally.

FIVE GALLONS of gasoline explodes with as much force as 414 pounds of dynamite.

TAX TIPS

Prevent omission of deductible expenses: expenses may be overlooked when tax returns are prepared unless recorded at the time they were incurred or paid. An overlooked item of \$25 could cost \$3.50 or more in extra tax dollars.

Retention of Records: Records must be retained as long as their contents may be material in the administration of any Internal Revenue Service law.

—Records that support an item of income or a deduction appearing on an individual's return should be kept until the "statute of limitations" expires for that return; usually this is three years from the date the return was due or filed, or two years from the date the tax was paid, whichever occurs later.

—Some records must be kept indefinitely, as in the case of the purchase of a house where the individual will have to keep all the records concerning the property so that later when it is sold the owner can prove how much was paid for it, what was spent for repairs, etc.

Appointments Scheduled For SIU

Interest is running high at Naval Medical Center Oakland concerning a Southern Illinois University off-campus graduate program in business, leading to a degree of Master of Business Administration. The program is tailored to fit the needs of persons who cannot take off years from work to pursue a college education. Civilian and military personnel from area installations are urged to investigate the program.

Mr. James B. Hansen, director of the SIU education courses, will be at Naval Medical Center Oakland from March through 21 to discuss the effectiveness and advantages having a MBA Degree.

The NMCO coordinator of Southern Illinois University program, Fran Zarkowski, Education and Training Branch, presently making appointments for Mr. Hansen. Phone 639-2237.

ALWAYS HAVE a window partially open when the engine is running.

Hail & Farewell

Enlisted Detached:

To: Fleet Marine Service School, Marine Corps Base, Camp Pendleton, California: HM3s Stephen Day, Dennis Sheeran, Joseph Govia, HMC Paul Walters, HNs D. Skiles and Jon Dorsey, HAS Eduardo Steg Jr., Ramon Ruelas and Anthony Tavares. To: USS SACRAMENTO (AOE-1), HN Ar. Roque, Jr.

To: Fleet Training Center, San Diego, MD Graciano Carandang.

To: Naval Station Br Disp, Portsmouth, Virginia: HM3 James Poppink.

Discharged from U.S.N.: HN Deborah Olson, HM3 Yvonne Bittle.

Released to inactive duty: HM3s Steven Petree and Michael Byron, HM2 J. Wilkinson, Jr., HN Ronald Huffman and DT Michael Lutman.

Movie Schedule

Friday, March 8

INTERVAL—Merle Oberon, Robert Wolders—Drama (PG)

Saturday, March 9

ESCAPE TO THE SUN—Laurence Harvey, Josephine Chaplin—Drama (PG)

Sunday, March 10

FROM RUSSIA WITH LOVE—Sean Connery, Daniela Bianchi—Adventure Drama (all ages—Mature Youth)

Monday, March 11

LADY ICE—Donald Sutherland, Jennifer O'Neill—Action Drama (PG)

Tuesday, March 12

JEREMIAH JOHNSON—Robert Redford, Charles Tyner—Drama (PG)

Wednesday, March 13

CHARLEY AND THE ANGEL—Fred MacMurray, Cloris Leachman—Comedy (G)

Thursday, March 14

INVASION OF THE BEE GIRLS—William Smith, Anita Ford—Action Drama (R)

Friday, March 15

HEX—Tina Turner, Keith Carradine—Suspense Drama (PG)

Saturday, March 16

KANSAS CITY BOMBER—Raquel Welch, Kevin McCarthy—Action Drama (PG)

Sunday, March 17

THE SALZBURG CONNECTION—Barry Newman, Anna Karina—Suspense Drama (PG)

Monday, March 18

FIVE ON THE BLACK HAND SIDE—Clarence Taylor, Leonard Jackson—Comedy (PG)

Tuesday, March 19

DODGE CITY—Errol Flynn, William L. H. Digan—Western (None 1939)

Wednesday, March 20

SCALAWAG—Kirk Douglas, Mark Lester—Action Drama (G)

Thursday, March 21

DON'T LOOK NOW—Donald Sutherland, Julie Christie—Supernatural (R)

CLINICAL ASSEMBLY Building 500, 7 p.m.

The OAK LEAF

NAVAL MEDICAL CENTER, OAKLAND

Vol. 36, No. 6

Friday, March 22, 1974



HM2 SAM TOBIAS, in presenting red roses to Claire as a token of his admiration and affection, expresses the feelings of all her friends as they bid her smooth sailing.

Plank Owner—

CLAIRE MARTINI CEPOLLINA RETIRES

With her big brown eyes still dancing as they have for her 31 odd years here, Claire Martini Cepollina says, "I wouldn't change one iota of my experience. I have loved my work."

The reason you believe her now that she's retiring, she has said the same thing many times before. Her job has been one that has touched the lives of several thousand families at times when they were most emotional and stressful, yet she has had a manner that has helped lessen the sadness of each.

Since Claire went to work at "Oak Knoll" Hospital on November 16, 1942; she has been THE one woman in charge of decedent affairs. Her job has been one of service since that first day aboard when a book was plopped on her lap and she was told to learn the job. There was one telephone at the disposal of Patient Affairs back then. And it must be remembered, that was at a point in our Nation's history when the wounded were pouring in from the battlefields during World War II; the critically ill were numbered in the thousands.

Why is Claire called a plank owner? Our blonde girl was working with the K. E. Parker Construction Company at a time when it was so urgent that a Navy hospital be put into operation. As secretary she came with the contractors and almost literally deposited the first plank that was to become our present facility. Right away Claire quietly found her way into the heart of all around her so securely that LCDR A. B. Montgomery (a very high ranking

MSC officer for those days) suggested that she go to work here.

"But I'm not Civil Service," Claire protested.

However, without delay, she hurried over to San Francisco, passed the exam and took a job at the Naval Purchasing Office of the Moore Drydock Shipyard to await commissioning of Naval Hospital.

With the war on, she was frozen on her first CSC job for 6 months before coming to take over the decedent affairs' responsibilities. It was only a few years ago that Claire was given the added duty of filing birth certificates on the babies born here. Thus her work has also touched the lives of people at their happiest.

In 1972 a most interesting Italian came into Claire's life. Frank Cepollina more or less took the olive out of Martini and added a bit of onion, which is what the name Cepollina means in Italian. Many people for many years had known Claire by her maiden name, so it has been hard for many to recognize her new identity. And for Claire herself to do so.

In mounting her name for the farewell bulletin board, it took two attempts to get her new name spelled correctly. Even the commendation received from VADM Donald L. Custis, the Surgeon General of the United States Navy, had to have a slight correction. But no one should feel embarrassed because Claire took a look at her driver's license before verifying the correct spelling.

Nevertheless, the name is widely known. Bill Fiset, the columnist, had only to mention the approaching retirement of our

celebrity and the good wishes started flowing in. Almost immediately a beautiful orchid corsage arrived and leis from Hawaii were on hand for her retirement party. Letters and telegrams were received from across the country. Claire says one of the most rewarding letters came from a young mortician back in Missouri who thanked her for having given direction and purpose to his life. He worked with her a short while several years ago. But then, there are many to whom she has given encouragement—if only by her smile.

Claire says that naturally after 31 plus years in government service that when she arose on the morning of March 15 and realized she would be coming to work for the last time, she felt a strange tug. But she won't have time to really miss the haunts of the 3rd and 8th floors. She and her husband Frank are going to be busily engaged in building some apartments in Castro Valley, but not before they take off for South America. Their tour will include Rio de Janeiro, Buenos Aires, Ecuador, Peru; and other trips will follow.

A reception and cocktail party was given for Claire on Saturday, the 16th of March, at the Alameda Officers' Club. On the day of her official ceremonies a pot-luck luncheon was given in her honor.

Toward the end of her last day, along about quitting time, it was quite amusing to hear Claire pick up her telephone and in her teasing way say, "Claire doesn't work here any more!"



has
SPRING / SPRING
But
Spring would be
such dreary weather
were there
Nothing else but Spring!

SFSU Study Program To Be Offered

The Division of Continuing Education in conjunction with the Office of Veterans Affairs of San Francisco State University this spring plans to offer university-level instruction for patients and staff members of Veterans Administration and military hospitals.

Ens. Dale Holm, ext. 2237, will have the details and fee schedules concerning the independent study program. Courses to be offered are in Business, Education, English (creative writing), Political Science, Psychology, Nursing, History and Sociology. Course selections from the 16 courses outlined will be determined largely by the number of specific requests received from each hospital.

The Oak Leaf

NAVAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services
LTJG D. D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev. July 1958.

THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Medical Center, Oakland, California 94627

+ + Chaplain's Corner + +

"Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you."

—Nathaniel Hawthorne

These words bring to mind many experiences in my own life. Some of the happiest moments have been those which just happened without any planning or pre-conditioning. On the other hand, I am aware of frustration and disappointment at the unsuccessful attempts to bring about that big moment or big occasion; attentive to every detail, but falling short of the expectations. We read repeatedly the tragic stories of attempts to purchase or program happiness, only to conclude in self destruction or misery.

Some of the butterflies I have finally been able to catch, I have crushed in the process and thereby have destroyed their beauty. When I have been patient and have put my trust in God, I have then found peace and happiness.

J. R. PERDEW, LCDR, CHC, USN



ANYONE FOR A TRIM or hair styling? The Beauty Shop wishes to announce that on Tuesday, March 26, a new operator, Shirlee Gagan, will be added to the staff thus permitting more flexibility of appointments.

The Short Sheet

Debt Owed Vietnam Veterans Acknowledged

By Presidential proclamation, March 29, 1974, has been designated Vietnam Veterans' Day. Some six and a half million Viet-era veterans disrupted their lives and made other personal sacrifices to answer the call of their country. More than two and a half million of them served in Vietnam.

Periodic Followups Scheduled for POWs

To determine long-term effects of the POW experience, the Naval Aerospace Medical Institute in Pensacola has announced that the 162 repatriated Navy and Marine Corps Vietnam prisoners of war will be examined 6 months after discharge from sick lists and annually thereafter for a period of at least 5 years.

Uniformed Services Savings Program To Phase Out

The 10 per cent savings plan which in 1966 was made available only to servicemen and women serving outside the United States will be phased out by June 30, 1974, because of the considerable cost involved in administering the program.

Navy's Fleet Modernization Is at Critical Juncture

Admiral Zumwalt in remarks on the 1975 military posture said, "It is now evident, even to the most casual observer, that the historically land-oriented Soviet Union has embraced naval power as a major element of their foreign policy."

Bits and Pieces

It might be said that the sprinkler system at the offices of Civilian Personnel worked a bit too eagerly on March 14. Much repair work is going on in that building in preparation for moving in Central Appointment Branch and other offices. The sprinkler system was being worked on, when splash! It started raining all over the place. A defective valve tested out wetly defective and Housekeeping Branch found themselves sweeping about 5 inches of water off of the new blue carpet. Too early for April showers.

Ozzie Boggs, Public Works Service, wears a wristwatch, but not one that he had hoped way back there would be paid for by the Navy. Over at the Alameda shipyards back in 1958-59 when Mr. Boggs was a barge captain on a tug boat, a serious accident happened in which a piece of equipment being loaded from the USS TICONDEROGA got loose and knocked a Chief unconscious and bleeding into the water. Mr. Boggs went into the water and saved the man's life but smashed up his expensive Omega Sea Master watch in the rescue. He's still waiting for the funds which the TICON reps promised to pay for that \$160 time-piece. Maybe ACTION LINE should be called into action.

Our information in the last issue on the "Baby Bird" which mentioned the referral of infant patients with respiratory distress syndrome was in error. We have been using the predecessor to that pediatric ventilator since 1968 for our RDS patients, and our Intensive Care Nursery was established in that year. Thank you, Pediatrics Service, for correcting our previous information. We are looking forward to spotlighting the Pediatrics Service at length in the near future.

Kaye Barnett and her "Crafts Project" volunteers each Thursday work very hard on the wards helping patients carry their pottery endeavors to completion. Kaye recently received a \$25 contribution with the heart-warming anonymous note, "God has been good to me. I want you to

About Women . . . Statistically, That Is

Women comprise 1.9 percent of the nation's 29 million veterans, the Veterans Administration reported today. The figure includes 8,500 separated from military service in fiscal year 1973.

There are 542,000 women veterans, 305,000 of whom are credited with World War II service. Nurses who served during the Spanish-American War and World War I women veterans total 15,000. Vietnam-era women veterans numbered 91,000 through June 30.

During World War I, women served as military nurses, Navy Yeomanettes and women Marines. The Women's Army Corps was not established until World War II.

use this for your work at Knoll."

Move out of your small circle by a stranger in the dining room and you just might get an attesting to the strength of Women's Bill Mainieri, Supply Department Warehouseman, for 25 years has been a physical ed buff and for years has been instructing a physical fitness class at the YM (2102 Telegraph Ave., Oakland) each Tuesday from 5:30 to 6. Know what, he says in calisthenics he offers, the m drop out faster than the women.

When CAPT Gorsuch, as Act CO, was trying to pin a length service medal on retiring Al Brown of Food Services, he called CDR Marti Springer over to form the honors. "I've got terrible hands," he said. Causing CAPT Miller, the XO, to quip back, "You'll never become a surgeon."

The exhilarating flavor of Cl Cepollina's retirement party at Alameda Officers' Club was rather well matched by Mary Ho. Although flitting off to another party, she lingered long enough us to meet her fiance William Ly and his eyes seemed to be shining as brightly as Mary's.

In the dining hall, a young corpsman was noticed taking time pause and give thanks for the hamburger he was about to hurriedly consume. A visit with him generated an invitation to visit the Mormon Temple for a lecture and view of the bay from that hill in the Oakland hills location. They are open until 9:00 in the evening after the lights are turned on.

Medical Intensive Care Unit steps up quickly to lay their claim on Mrs. Anna Gary, the LVN who recently retired. Be it known that she did not work for OB&GYN but for Intensive Care.

And, if LTJG William Joseph MSC, goes around bragging that he is now in the Navy Nurse Corps perhaps explanation is needed. He was presented with a name plate for his desk from the Nursing Service for all the assistance he gave in planning and coordinating CAP Sue Smoker's retirement ceremonies. The inscription on the badge makes him an honorary Ensign in the Nurse Corps, USN.

Dangers of Siphoning Cited

With the valiant efforts to keep both Mr. and Mrs. cars running when family members are on different shifts, there's been considerable transferring of gas all quite legal.

The fire departments around the Bay Area do not advocate siphoning gas, but if it is practical do not use your mouth. You may swallow gas, causing nausea, vomiting and a burning sensation in your stomach. More seriously, you may gag when the gas hits your mouth, causing you to suck into your lungs. Lung damage can hospitalize or kill.

It is safer when transferring gas to use a small mechanical siphon or hand pump, both usually available at auto supply stores.

This Page Is Dedicated To The Uncommon Man . . .

Who Dreams The Impossible Dream



BOB BOUDREAU

By JOSPIVEY

In talking to Bob Boudreau, again at Naval Medical Center Oakland for major repairs, it doesn't take long to be able to appreciate the simple luxury of being able to wiggle one's own toes. Yet Bob doesn't dwell on that subject, he has bigger things going.

Bob has no toes to wiggle.

He had no legs either.

Yet in an Arcata, California newspaper article of July 18, 1971, in a two-page spread, Bob was proclaimed as "One hell of a man."

It takes only a few minutes with the man before he has you laughing. A short visit dispels all the old tales ever heard about the goriness of a hospital amputee ward. And Bob's been in plenty of them. Years ago he spent months in the wooden building that was once the "Oak Knoll" Hospital. From that many-men-to-the-ward experience one day, no doubt, a Caine Mutiny-type laugh novel will emerge. Bob's working on the story.

Even before it gets published, you might expect to be treated to a M*A*S*H-style spectacular or a Disney production from his pen containing stories of wheelchair races down the slopes, stowed away booze in artificial limb "safes," and a peek at other escapades, right out of the

memories of Bob's empirical head.

So don't get the idea that two minuses on the lower extremity were enough to stop former Marine Gunnery Sergeant of the Second Battalion, Third Marines, FMF, combat engineer and instructor. He was stopped only for a short time back there at Guantanamo Bay, Cuba, on November 6, 1966.

On that fateful day he was given a special assignment to go out and nursemaid some land mines that were badly awash from heavy rains. Right well he knew the hazards to be encountered. The work was proceeding slowly when a guy named Joe detonated a mine. He screamed out in pain. The map charting the safe passageways to Joe meant nothing after the floods, so Bob started cautiously crawling to his buddy through the rice paddies.

"The next thing I knew, I was looking up into a lot of grave worried faces. I recognized the Colonel, the Sergeant Major and a few others. I moved my hands up over my chest and down and felt nothing but one great big bandage. I looked up at the doctor and asked, 'Damn, are they gone, Doc?'"

"He looked around at the others, then said, 'Yes, Sergeant, I'm sorry, but both your legs are gone.'"

"I tried to grin at him. I said, 'Hell, I know that. I saw the right

*I do not choose to be a common man.
It is my right to be uncommon—if I
can.*

*I seek opportunity, not security.
I do not wish to be a kept citizen.
Humbled and dulled by having the
State look after me.*

*I want to take the calculated risk'
'To dream' And to build' To fail'
And to succeed'*

—Bob's Credo

one run like hell out of that mine field all by itself it was so seared. You know what I want to know?"

"It makes you stop to think real hard, why? I was injured a hell of a lot worse than Joe, yet I made it and he didn't. About the best way to look at it, I guess, is that I still have a job to do somewhere along the way, and my number just wasn't up."

Maybe, just maybe, the job Bob was spared for is the one he has been struggling to get established these past six years. He's working on a dream called REHAB JOBS Development Company. It is a creative company which customizes the job to the person, not the person to the job.

There are many programs for the disabled, yet Bob said he found there was no really coordinated adequate care and work programs. He's trying to coordinate one. His company is a product of many people's thinking, a conglomerate of many ideas. Products range from the making of bonsai planters and slot lock redwood decking to log wagons and redwood stagecoaches and trains for children (incidentally, made with less than a 2 percent materials waste).

In his rehab program, no workable imaginative idea is downgraded if it can be fitted to the need. It might take a bit longer for the "handicapped" to do the job, but Lynn Dumond, a triple amputee, is one person who learned that life can be beautiful if there is a job to do. Of course, REHAB

JOBS has not had super smooth sailing without a few setbacks.

For instance, a big order was going forward involving a substantial investment, when because of some technicality, discovered in the law by a competitor, the operation had to stop. Had Bob not been in the hospital for a gallstone operation at the time he might have saved the situation. As it happened, his firm suffered a big monetary loss. It should recoup as soon as Bob is back at the helm.

There are influential men who believe in the ideas that Bob's group is promoting, but Bob Boudreau says he is not yet ready to accept their financing. Not until the group or program can prove itself on its own, then funds for expansion will be solicited.

Year by year some of the problems are falling aside. Much has been learned through the pilot program. In his early enthusiasm Bob rented a big barn and hired 33 handicapped workers. They were producing and had many orders for near door-sized collages and montages, but it was found that the shipping costs were eating up profits. The firm next learned from experience that the smaller pictures and easels, such as pictured left, could become inexpensive treasures that would sell rapidly. Overhead was cut. It was also found that the smaller items could be produced as easily by the disabled from their home workshops—an important discovery for future operations.

Presently the sales outlets of the firm are in the upper western California region near Arcata when Bob lives with his wife and four children, one child born since the accident. They share Bob's bigger dream for the company to go nationwide in its manufacture of products by the handicapped. Then other men like himself will learn to make it on their own.

when eventually REHAB JOBS becomes proof positive that the impossible dream IS possible!



REHAB JOBS TOYS

ALEX BROWN IS ANOTHER LONG TIMER TAKING RETIREMENT

When too, too many of our Food Service employees retire, it can only be hoped that plenty of in-service training is going on so that the high quality of Medical Center' cuisine and service will continue.

Mr. Alex Brown, a retiring Food Service employee, has 28 years to his credit. He came to our facility on March 11, 1946, and over the years has reared six children. One child is with the Air Force; one, the Army; one, the Marines. Back in October 1943 Mr. Brown himself was with a construction battalion in Camp Wallace, Tex., and had Coxwain (T) (CB) following his name.

Smooth sailing, Mr. Brown.



HN ANDREW HAMER received a Letter of Appreciation for proficiency on the teletype while helping Operating Services during a time of exceptional need. Andrew is now in OR school.



AS PSYCHIATRIC MASTER-AT-ARMS, HM2 Robert Michael Oxenford earned for himself a Letter of Appreciation for his outstanding leadership which inspired his peers and helped create a unity of purpose among staff members.

Born at . . .

Staff member babies born at Naval Medical Center Oakland on March 9, 1974. Michael John Colony, 8 pound, 7 1/2 ounce son of Sharon and IIN John D. Colony on March 9. Duncan Wayne Irvine, 7 pound, 1 1/2 ounce son of Amy and HM3 Darwin L. Irvine on March 11. Angela Marie Poile, 7 pound daughter of Jane Marie and HM3 Michael E. Poile.

Who's Been Doing What . . .



"WEAR IT if it fits," MR. Alex Brown tells co-worker Mr. McKinley Wynne.

Friends of NMCO Keep In Touch



Many retirees from the past frequently write for THE OAK LEAF wanting to keep knowledgeable about their friends. Mrs. Nick (Lois) Capanich was granted a medical disability discharge in December of 1973 and writes, "I am interested in keeping up with the various activities of our wonderful medical center. It was good to me."

Lois was a civilian nurse who worked on 6-West and retired after 23 years, 10 of them at our medical center. Friends will be interested in knowing that Lois is feeling better and is now able to pursue her hobby of photography and flower arranging.

Come visit, Lois.



ENS C. BOYD is promoted to Lieutenant Junior Grade.

February's Sailor HM3 Harold Lease



HMCB Bob Brown, SEA, and HM3 Harold Lease

After HM3 Harold Wayne Lease received his official recognition as Sailor of the Month for February, CAPT George Gorsuch, the Acting Commanding Officer, in a friendly aside made a comment worth repeating.

"When these honors are awarded," he said, "few people really know what a real compliment it is. It means that you are much admired and liked."

Apparently the supervising officials must go to the trouble of a great deal of paper work in making a recommendation. Then there is much analysis on the part of the appointing board before a selection is made.

Harold works in the Emergency Room, and he was chosen for distinction and recognition because of his ability to work well without direct supervision. Also, he has shown able talent conducting ambulance classes for new corpsmen.

Harold hails from Colorado and enjoys skiing, both snow and water, and river rafting. When he is discharged from active service on April 5, he plans to go to work for St. Rose Hospital in Hayward.



RECEIVING A LITTLE HELP, HM1 Harold E. Wiperman reenlisted for four years, his third reenlistment. He is an instructor in PMT School.



CHIEF LEGALMAN CLARENCE ATTEBURY has received his advancement, and the Judge Advocate, LT Philip Robinson, and YN2 Dan Odegaard share his happiness.



LCDR RUTH WAHLSTROM received a Letter of Commendation for a job well done as nurse in charge of the Neurosurgery Ward. She is now supervisor on the 8th Floor.



IT'S AUGMENTATION for LCDR Karl D. Nielson.

ART CONTEST RULES GIVEN

Affix your name and address to the back of your painting and meet the deadline of April 17, 1974, for entry and you just might win the Twelfth Naval District's art contest.

There's no limitation as to size or number of works to be submitted or medium used, but all pictures should be framed or matted for hanging. Photographs will not be accepted; and sculpture, although accepted for display, will not be a part of the competition.

Active duty Navy, Marine and Coast Guard only will be eligible for the prizes, but retired military and their dependents may include art work in the judging for honorable mention.

The display will be at the Naval Station Treasure Island Library, and you may contact Ron Brown, ext. 2350, to arrange transportation if needed and to find hours the library will be open for acceptance of entries.

Sign ups are now being accepted by the Athletic Director for a Station Tennis Ladder Tournament open to any active duty military officer or enlisted personnel. Call Ext. 2350.

TABLE TENNIS

Tournament to start
April 16
Sign up with Ron Brown.
Ext. 2350.

CHESS PLAYERS

Please note that all military regardless of rank may join in the chess tournament at the Presidio's Recreation Center the weekend of April 6-7.

CHAMPUS Corner

Fiscal administrators have been notified to stop making payments for sex behavior modification treatment and to forward all claims to the Office for Civilian Health and Medical Program of the Uniformed Services (OCHAMPUS) for individual evaluation.

Of primary concern are the intensive courses for individuals or couples provided by one or more psychiatrist/psychologist to overcome impotence, frigidity and other sexual dysfunctions.

OCHAMPUS is collecting data on this form of treatment and requires complete information as to diagnosis, medical necessity, therapy programs, time required, providers involved, their qualifications and the charges (billed and allowable).

THOU SHALT observe the odd and even days of the month.

Group Achievement and Benny Sugg Awards Made



Five dedicated employees who responded to a work-load crisis in the Admission Office when three employees were ill and absent were recognized by a group superior achievement award. Dorothy Poindexter and Audrey Williams are shown receiving the certificate from LCDR A. O. Woods, Chief of Patient Affairs. Also sharing the group special achievement recognition but not pictured are Lynn Howard, Mary Adler and Fred Baringer.

Ramon Caraballo made a beneficial suggestion about exit door locks and won for himself an award. As a result of his interest, our Medical Center won rewards of a savings of time and materials, and his suggestion helped improve methods and safety and simplified work procedures. The award is presented by LCDR Dave Fluharty, Chief of Public Works.



REENLISTMENT

IIM2 DAVID POWELL, who works in X-Ray, reenlisted for four.

Annual Search Begins For Sailors of the Year

The hunt is on again for three enlisted persons who will each carry the title Sailor of the Year for the next 12 months. The rewards to the winners are meritorious one grade promotions, expense paid trip to Washington; and the shore winner can pick between assisting the Master Chief Petty Officer of the Navy or the Master Chief Petty Officer of the Naval Education and Training Command.

The reward for our Command would be the sharing in this outstanding recognition for one of our own. Nominations are in order and rules and blanks for filing may be secured from LT I. D. Howard, Personnel Office, ext. 2394. We've got a lot of enlisted with the mostest. Let's win!

USO Invites You Where the Girls Are

There will be a chance to meet 100 USO gals who will be in San Francisco for the National Junior Volunteer Conference the last weekend in March. The Friendship Dance will be at the San Francisco USO on March 29 from 8 p.m. to midnight.

The girls are delegates to the convention, and will come from all over the United States. You'll also have a chance to meet international guests from all over the world. The dance will be held at the San Francisco USO Center at 1019 Market Street.

If you are interested in attending contact the program office of the San Francisco USO at 621-0630.



TAKING THE OATH for 4 more, HM1 Roy Hall is in his second reenlistment.

Movie Schedule

- Friday, March 22
EVEN ANGELS EAT BEANS—Giuliano Gensma, Bud Spencer—Drama (PG)
- Saturday, March 23
PORTNOY'S COMPLAINT—Richard Benjamin, Karen Black—Drama (R)
- Sunday, March 24
CRESCENDO—Stefanie Powers, James Olson—Mystery Drama (PG)
- Monday, March 25
THE STONE KILLER—Charles Bronson, Martin Balsam—Action Drama (R)
- Tuesday, March 26
THE HEARTBREAK KID—Charles Bronson, Cybill Shepherd—Comedy Melodrama (PG)
- Wednesday, March 27
BAMBOO GODS AND IRON MEN—James Inglehart, Shirley Washington—Kung Fu Adventure (R)
- Thursday, March 28
THE WAY WE WERE—Barbara Streisand, Robert Redford—Love Story (PG)
- Friday, March 29
BATTLE OF THE AMAZONS—Lincoln Tate, Lucretia Love—Action Drama (R)
- Saturday, March 30
TOM SAWYER—Johnny Whitaker, Celeste Holm—Musical (G)
- Sunday, March 31
THE THIEF WHO CAME TO DINNER—Ryan O'Neal, Jacqueline Bisset—Comedy (PG)
- Monday, April 1
THE DON IS DEAD—Anthony Quinn, Frederick Forrest—Action Drama (R)
- Tuesday, April 2
THE FIGHTING 69th—James Cagney, Pat O'Brien—Drama (None—1940)
- Wednesday, April 3
THE STING—Paul Newman, Robert Redford—Comedy (PG)
- Thursday, April 4
WILLIE DYNAMITE—Roscoe Orman, Diana Sands—Drama (R)
- Friday, April 5
THE DEADLY TRACKERS—Richard Harris, Rod Taylor—Western (PG)

FOR HIS EXCEPTIONAL RECORD of service on Staff Sick Call, IIM3 J. Sleeth received a Letter of Appreciation from the Commanding Officer.

103rd ANNIVERSARY CELEBRATION

MEDICAL CORPS BALL 1974



The OAK LEAF

NAVAL MEDICAL CENTER, OAKLAND
Vol. 36, No. 7 Friday, April 5, 1974



HOLY WEEK



PROTESTANT

GOOD FRIDAY—April 12
11:30 A.M.—CHAPEL OF HOPE

EASTER SUNDAY—April 14
9:00 A.M.—CHAPEL OF HOPE
10:00 A.M.—ST. LUKE'S CHAPEL

CATHOLIC

HOLY THURSDAY—April 11
12 Noon—CLINICAL ASSEMBLY
Mass of the Last Supper and Institution
of the Eucharist

GOOD FRIDAY—April 12
12 Noon—CLINICAL ASSEMBLY
Liturgy and Communion of Good Friday

EASTER SUNDAY—April 14
8:30 A.M.—CLINICAL ASSEMBLY
12:15 P.M.—ST. LUKE'S CHAPEL

Health Care Survey To Forecast Needs

An ongoing survey aimed at enabling the government to foresee the requirements of the military health care system and to plan effectively to meet future needs of active and retired military personnel and their dependents will continue through July 31, 1974. Each patient visiting a military medical facility in Northern California (including Medical Center Oakland as well as its branch dispensaries) will be given a questionnaire identifying age, sex, zip code, patient category and medical need.

Northern California was selected as being representative of a diversified military population. A civilian survey team has been employed to contact retired and dependent military personnel throughout Northern California to solicit their cooperation in completing the encounter form DD 1935. Since the processing of the forms has created considerable additional work, this command is using 16 survey assistants in the busiest of our clinics to give

(Continued on page 5)

Dignitaries To Visit NRMCO



The Surgeon General, Vice Admiral D. L. Custis, MC, USN, will pay an official visit to the Medical Center on April 10 and 11, 1974. On the 10th Admiral Custis will address the medical and dental officers in the Clinical Assembly at 11 a.m. and all enlisted personnel at 4:15 p.m. at the same location. LCDR James R. Erie, MSC, USN, the Surgeon General's Aide, will accompany the Surgeon General on his visit.

Two College Programs For Servicemen Explained

Washington, D.C.—New improvements in off-duty college education programs were discussed by Deputy Assistant Secretary of Defense M. Richard Rose at year's-end over the worldwide facilities of the American Forces Radio and Television Service. While the discussion concentrated on college programs, it also touched on innovations in obtaining a high school diploma.

Dr. Rose first outlined the two principal methods Service persons use to defray college expenses: (1) using GI Bill entitlements, now available after only six months of active duty; (2) enrolling in Service tuition assistance programs that pay 75 percent of tuition costs.

Asked how the new Serviceman's Opportunity College program works, the Pentagon education official said, "The Serviceman's Opportunity College (SOC) is really a consortium of colleges across the country which accept a common criteria for membership in that consortium."

Some 125 two-year community

(Continued on page 5)

From Philippines to Maryland—

Team Effort Kidney Transplant Helps Save Life

A drama in Pursuit of Life started unfolding for Mrs. Susanna Lastica, age 24, at Naval Medical Center Oakland in January 1973. It has involved many agencies and individuals: The Bureau of Medicine; CINCPAC Fleet, Makalapa, Hawaii; COMNAV-PHIL; the U.S. Naval Hospital, Subic Bay; the National Naval Medical Center, Bethesda, Md.; NACO Travis Air Force Base; NATCO, Clark Air Force Base; the Commanding Officer of the Facility Maintenance, Mare Island, Vallejo, Ca.; the Naval Air Station, Cubi Point—and other medical men and high government administrative officials stretching from Washington, D.C., to the small village of Camalaniugan, in the Philippine Islands.

Nephrology Service recommended that Mrs. Lastica receive a renal homograft at the earliest possible time.

The urgency of the medical need required that the patient's husband, EM2 Jose Lastica, be granted emergency leave from his duty station at Vallejo to seek out his wife's family, who were located in the Province of Cagayan, Philippine Islands, as potential kidney donors.

Family member by member was tested for blood compatibility at the Naval Hospital Subic Bay. It was thought that two relatives who would be suitable for the transplant had been found, but on further testing back at Medical Center Oakland, some incompatibilities were revealed and delays ensued. It almost seemed that complications would not be overcome, that the transplant would not be feasible.

Finally, however, discouraging aspects were surmounted; again the operation was go. In early January 1974, Mrs. Lastica was

flown with her husband to Naval Regional Medical Center, Bethesda, Md., and her donor brother, Momy Ramirez, age 20, was flown there from the islands.

The operation was performed the second week in January, and through the transplant team effort Suzy, as she is called in Bethesda, is up and around and the new kidney is "normally active." Momy is doing quite well also. The patient will continue in outpatient status from 3 to 6 months.

For the team effort which has involved so many, the traditional Navy "Well done," is in order. But the real hero of the story is Momy. The doctor giving the progress report stated that the sister and brother, in the Filipino manner, were not openly exceptionally demonstrative or emotional about the operation. However, it can be imagined that a further reason has nothing to do with ethnic culture. The decision to share a vital life-preserving organ probably came easy for Momy because, after all, she's his sister.

The Oak Leaf

NAVAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services
LT B. D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka

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+ + Chaplain's Corner + +

DOWN AND OUT ? ? ? ?

So much of life depends on the way we look at things. To clarify this statement, it might be helpful to use the proverbial "once upon a time." Once upon a time, there was a young man who found a silver dollar. Henceforth, he never raised his eyes from the ground when he walked. Over the next 25 years, this man accumulated \$10 in silver, 97 pennies, 18,141 buttons, 12,163 pins, a hunch back, a miserly character and a very rotten disposition.

He lost the beauty and glory of the sunshine, the friendly smiles of friends, the gorgeous colors and beauty of surrounding scenery, blue skies and many other qualities which help to make life worthwhile.

What's the moral of the story? Keep you head up and think positively. You may miss finding a few pennies, but on the other hand you will find many beautiful things that make the living of life a glorious adventure.

LCDR ROBERT GROTHAUS, CHC, USNR

EXEC-LINE



CAPT Edwin B. Miller

* Why are we put to the unnecessary inconvenience of not being able to wear "tech jackets" in the chow hall. When we have to change clothes, it shortens our rushed lunch period even more, and it seems that if the jackets are good enough for working with patients they should be all right for the dining room.

The current policy of not allowing enlisted personnel to wear tech jackets in the dining room was presented to the Commanding Officer's Enlisted Advisory Board. Their unanimous recommendation was to continue the policy. Having the rule eliminates the possibility of persons wearing soiled, possibly bloodied, jackets where meals

are being served and it prevents other potentially unsanitary hazards should the jackets be contaminated. It was also felt that a relaxation of standards might encourage the wearing of tech jackets outside of building 500.

Lead poisoning in children is generally caused by ingestion of paint chips containing lead from walls and woodwork in old houses. Many children still die each year from the poisoning and countless others are subjected to mental retardation and other neurological handicaps.

A directory of the 42 Navy Lodges that are operated as part of the Navy Exchange program is free by writing Navy Resale System Office (Code SM6), 34d Avenue and 29th Street, Brooklyn, N.Y. 11232.



*Git Goin' There,
You
Ol' Croaks!*

When the famous Doctor of Frog Psychology, Bill Steed, arrived at NRMCO with his educated frogs from Croaker College to hold preliminary elimination contests, the gambling odds on which an Old Croak might win in a jump became a real gamble.

However, Waynie Poo came in first against a lineup of 27 contestants by making all of 8 feet in a jump; and GMG2 Wayne Chambless, above center, rewards him with

a stroke. Lightning Flash and No Raine took second and third place by landing in a 7-foot bracketing. All three frogs, winning in the sanctioned jump, now have the right to compete for the grand championship at the Calaveras County Frog Jump this Spring.

Ms Wanda Frog, even though urged on by her sponsor to git a-goin', must have made F's in college; she didn't scratch. She just didn't seem to have it in her to win although reputedly fed on Mexican jumping beans.

Thirty CIVSUBS Approved For NMCO

With the Navy operating in a zero-draft environment, an in-depth study was made of the Navy's military and civilian staffing mix and some realignments were made in the staffing configuration. Billets specifically requiring military status have been converted under CIVSUB (Civilian Substitution Program). The program involves direct one-for-one substitution of 10,000 civilians for enlisted military billets in the same skill areas and at comparable skill levels as those of military personnel formerly occupying the slots.

Naval Regional Medical Center Oakland is scheduled to receive civilian personnel under CIVSUB. Ten persons are already aboard and have been placed in Anesthesiology Service, Leg Service, the Mail Room, Laboratory and Military Personnel. Other services and branches will be receiving placement as the complement is filled prior to June 30.

Born at . . .

Naval Regional Medical Center Oakland on March 24, 1974, Alson Nicole Mead, 6 1/2 ounce daughter of Karen W. Mead and LT Ronald B. Mead on March 24, 1974, Dwight Nelson Faulkner, 7 pound 12 ounce son of Geneva and HM1 Donald Faulkner on March 21, Mariah D. King, 10 pound daughter of Helen Jean and HM3 Stanley King.

THOU SHALT not expect thy tank to runneth over.

THOU SHALT not alter thy gauge to bear false witness.

Bits and Pieces

Stories on half-fare air travel killed, vests for men, berets for women, a discussion on T-shirts, round or V-necks, a possible retiree pay-hike in July—it's all in the Navy Times for April 3. Right now fact and future is not separated from fiction, so you just might want to read the full stories for yourself.

(Navy Times pays no commission for advertising space but they're advertising a special issue on retirement, federal jobs, and so forth for their April 10 issue.)

Although he's not going far—to Alameda's Dispensary—LT D. D. Thorson, Special Services, was honored at a luncheon at The Winery with Public Works acting as ringleaders. Farewell gift for the Lieutenant, soon to become Lieutenant Commander, was a plaque with an eight ball and a

screw in it. Nobody explained the significance.

Also honored at the luncheon was Wendy Gross, the trouble shooter for several years at Public Works. Her move is to a new job in Admissions, building 500. Her going-up gift was her old phone, mounted on a wooden stand. Here's hoping Wendy will not have any trouble calls on her new job, but if so, her phone has a panic button.

Shirley Cober of Civilian Personnel by now should be settled in her new job at Adak, Alaska, and have had an opportunity to view the one tree which grows in Adak. That tree, by official ceremony, was designated a "National Forest." Shirley will probably be joining the Whirlways Square Dance Club if they can find a caller. The job is open to either military or civilian.

Are You Interested in an On-Base College Program?

Merritt College is preparing to offer courses on base commencing with the summer session. This program will encompass all areas in which enough interest is shown from Art to Zoology. Still Interested? . . . Read on.

The program is open to all hands (including civilians and dependents) over 18 years of age or high school graduates. The cost is \$2.00 per semester, whether you take one course or more. What's the Catch?

We must have a class size of 20 to 25 people per course. It is imperative to know your interest within the next week, so call 2237/2238/3085 for more information or to show interest.

A counselor will be available in the near future in Education & Training for individual counseling and credit evaluation. Watch the Plan of the Day for further particulars.



ADVANCED TO PO3s—R. Brown, NP; S. Carpenter, Patient Affairs; R. Gibson, Rehab; D. Irvine, NP; M. Karl, ENT; B. O'Brian, NP.



ADVANCED TO HM2s—D. Bard, Pharmacy; R. Blanchard, PMT; D. Behling, PT; A. Burgess, Lab; W. Elwood, CIC; R. Fenton, PT/OT.

NPRL Inventors Are At It Again



CDR WILLIAM APPELEGATE, MC, USN, Head of NPRL, shares recognition with Gene Helmath, machinist; Gerry Porter, engineer; and Charles Asbelle, research director, for the research performed on the flexible ankle in the NPRL Branch, Naval Medical Center Oakland. A monetary award was attached to the certificates of recognition.

It is known worldwide that during World War II the Naval Prosthetics Research Laboratory of "Oak Knoll" came up with many wonderful improvements to physically and psychologically equip the returning veteran to face life as an amputee. Research has been ongoing to keep finding and improving on methods and materials, to find more light-weight, natural looking, better operating prostheses. Even a small rubber ball operating up and down in a small plastic cup within the stump portion of the artificial limb helps that fitting "breath" enough to absorb moisture and reduce sweating.

When a small thing can mean so much to the improvement of the amputee's mode of circumnavigation, it shouldn't be too



THIS EQUIPMENT is designed to test the up, down and sideways rotation of an artificial flexible ankle. Designed at Naval Regional Medical Center, it is perhaps the only equipment of its kind in the world.



THIS STEEL ROD is a yesterday thing in an artificial limb. It is being replaced by a flexible cable.

difficult to imagine what a flexible ankle can do in assisting in a more natural walking posture. The team above researched and applied for a patent on such a flexible ankle. The mechanism inside that ankle is a simple flexible cable. But not so simple is the testing device, which runs on compressed air, which will help the research team evaluate, improve and perfect their "natural" ankle.

Although the team works on the bottom deck of NMCO, they are to be congratulated with coming up with top deck ideas which continue to keep NPRL in the forefront nationwide.

THOU SHALL NOT covet thy neighbor's economy car, nor his jeep can, nor his license plate, nor any means of sustenance that is thy neighbor's.

Who's Been Doing What . . .

Augmenting



LTJG W.D. PHILLIPS,
with wife

LTJG ALISON MARQUART,
with husband



LT BRUCE P. RAND, MSC, USN



ONE SLIP UP and the three corpsmen above would not have been receiving a Good Conduct Medal acknowledging their zeal, fidelity and obedience to the United States Navy. Receiving first awards are HM1 Allen Kasperbauer, Owen O'Neill and Shirley Silverman.

MUTUAL EFFORT FOR SPRING CLEANUP URGED

In times of shortage people are more prone to collect and store combustible. The impact of the energy crisis makes Spring cleanup more vital than ever this year. Cleanup should not be a worn-out routine exercise of the mind, but a reality acting to turn around the statistics of the high fire losses. The Fire Chief, Mr. Al Constantine, suggests that mutual effort is needed, and that we think long on fire prevention.

Naval Medical Center, under its observership program, each year hosts many internationals. Right now we have a larger number than usual aboard, and several new arrivals are expected in April.

Observership Program Draws Many Officers From Far East



CAPT Pham Quang Truong

CAPT Pham Quang Truong, a Vietnamese Marine medical officer, is assigned to General Surgery. He arrived November 14, 1973, for his 26 weeks' observership. When asked what he thought about our facility, he replied, "What you say—it is something like, you say, 'Fantastic!'"

LCDR Mohammad Amin agrees with that. He is from Pakistan, a specialist in Pathology, and shares an apartment with Dr. Truong. He affirms that some of the procedures he has witnessed here, compared to what he has ex-

perienced in his career, reveals a desirable mix of both "quantity and quality."

Aside from work, Dr. Amin lists an interest in sports (squash in his country) and he enjoys reading. Dr. Amin speaks the Urdu and Punjabi dialects along with very fluent English. Dr. Truong also speaks fluent English, stating that he learned it in high school.



LCDR Mohammad Amin

A third doctor, LT Giap Phuc Hai, from Hanoi, now with the South Vietnamese Armed Forces, arrived on March 21. He visited in Napa county, seeing a sampling of our area at its green best. He is in General Surgery. Of the three, he is the only one married, he has a two-year-old girl.

Dr. Hai is of the Catholic faith; Dr. Thruong, Buddhist; Dr. Amin, Moslem.

Two students aboard at PMT School (under the Bilateral Agreement Establishing Military Assistance Program with Thailand) are from the Royal Thai Navy. Their program extends for 22 weeks. Somchai Chongchoo was born in Bangkok and is single. He is a Technician, Class C, in his country. Chawarith Monsub, born in Prachin Buri, Thailand, has a six-year-old son and four-year-old daughter. He is a nurse, Division of Health. Their Thai Navy rating of CPO1 is similar to a Master Chief in our country. Both students profess to enjoying table tennis as a hobby.



CPO1 Chawarith Monsub



LT Giap Phuc Hai



CPO1 Somchai Chongchoo

Friday, April 5, 1974

THE OAK LEAF

Health Care Survey

(Continued from page 1)

guidance to patients in filling out the forms. Patients are urged to give understanding cooperation.

All information is to be coded for input to the computer, and its analysis will furnish guidelines to insure continued quality health care for all DOD beneficiaries.

CDR R. L. White, MSC, USN, a representative from the steering committee, has been giving guidance to our staff, assisted by Mr. Donald G. Ogilvie, Deputy Associate Director of Management Division, Office of Management and Budget.

Who Is It?



Charles Asbell on his wedding day. Was it 1952 or 1953, Charley? Come May 10 you better not forget the day!

DIAL 2366 FOR UPWARD

Since early January, the program for Understanding Personal Worth and Racial Dignity (UPWARD) has played a major role in the race relations education at this command.

The seminar leaders, HMC A. J. Lewis and ENS F. H. Maurer, MSC, urge all personnel who have not yet attended an UPWARD seminar to sign up by dialing 2366 (Staff Sick Call). The instruction is ongoing, and the group facilitators in their desire to provide a more informed outlook on race relations invite active participation of those enrolled in the course.

ENS Maurer states that, as with any continuing program, many new ideas have evolved. Contributions have been based on an individualized approach to meet the changes to be effected at this particular facility. However, the changes in manner of instruction in no way alter the basic course content of UPWARD, but the input and diversification has simply broadened the understanding of the true meaning of "worth and dignity."

Facilities Sought

The Command is interested in finding additional team members to train to conduct UPWARD sessions. Members chosen will be sent to a Human Resource Management Center, probably in San Diego, for a 4 to 5 weeks' educational period. If anyone is interested in working in this most challenging position, please get in touch with ENS Frank Maurer, exts. 2027 or 2028.

Hail & Farewell

ENLISTED REPORTING

From Naval Hospital Corps School, San Diego: HAs Keith Miller, Mathew Offe, Craig Morff, James Elbert, Larry Deloach, Allen Lee, Keith Vann, William Watkins, Paul Wolf, Gerald Miller, Ronald Traylor, Douglas Davis, Drake Owens, Theodore Mitchell, Billy Tibbett, Gerald Polson and William Hankins, HNs Toby Morrison, Terry Morton and Patrick Hurley.

From Marine Corps Supply Center, Barstow, Ca: DN Barbara Black.

From Naval Medical Training Institute, Bethesda, Md: HM3 John Novotny and HM2 Carolyn Killam.

From Naval Hospital Corps School, Great Lakes, Ill: HAs Dennis Delor, Evelyn Fields, Kristina Lynch and Jennifer Smith, HN Pamela Somers.

ENLISTED DETACHED

To USS ST LOUIS (LKA 116), HA Neal Archer.

To Hospital Corps School, San Diego: HM3 Robert Rollins.

To USS AMERICA (VF 142): HM3 Robert Jacobson.

To Fleet Marine Service School, Camp Pendleton, Ca: HNs Adrian Stoner and Timothy Dahlberg, HAs Randy Dolphin, Kenneth Owings and Donald Cacioppo.

To USS SAN JOSE (AFS 7): SDSN Oscar Angeles.

To Naval Regional Medical Center, San Diego: HA Gayle Sullivan.

To Naval Hospital, Camp Pendleton: HN Thelma Chavez and HA Ann Randall.

Released to Inactive Duty: HN George Brown, Jr., HM3s Clinton Larson, Steven Brown, Gary Uveges, Scott Shiffer and Ronnie Thompson, HA Timothy Dyer and HM2 Benjamin Price, III.

Where Can You Cut Down?



From Desk of the SEA



It's a changing Navy—in size, in customs and in personal appearance. One facet, however, has generally remained constant—that of conduct.

From the time one enters boot camp, this term becomes an important word in the vocabulary of every Navy man and woman. In its simplest form, conduct means behavior, and in the Navy, only "good" behavior is acceptable; it is an absolute must.

To function properly, the Navy depends on its people to mesh their respective jobs in an efficient and effective manner. A "slacker" or someone who otherwise performs improperly deters from timely accomplishment of the Navy's mission.

The Navy cannot function if it tolerates bad conduct on the part of anyone. To ensure compliance with its laws, the Navy indoctrinates every new member in the rules contained in "U.S. Navy Regulations" and the "Uniform Code of Military Justice."

It is noteworthy when a man or woman complies with the Navy's standards of personal appearance and conduct. It is especially commendable when one does so out of pride in self and the uniform he or she wears. The Navy's standards are "minimum" requirements; we, as individuals, can aspire to "maximum" allegiance.

Do You Save Your OAK LEAF?

A proposal has been made that it might be desirable for this command to make available for purchase bound copies of THE OAK LEAF, somewhat similar to a Crew's book which can be purchased aboard ship.

Because of the extra printing costs, mobility of personnel, book-keeping, storage and so forth, it probably would not be feasible to make advance planning for this. However, this year a few annual copies were bound for historical purposes at a cost of \$21 a volume, and if at the end of 1974 there is sufficient demand, perhaps a more favorable rate can be secured.

If you like the idea, and are bound to bind, are your files intact to date? It is April 5 and some issues are scarce already. This is notice that next January the editor will be willing to cooperate with you if you have saved your own copies for a bound Medical Center Oakland's "crew's book."

NEVER TRANSFER a drug to a container that once held different medicine. Remember, there is usually a reason for the way a drug is packaged.

College Programs

(Continued from page 1)

and junior colleges in all parts of the country currently participate in the SOC program. Close to 200 four-year colleges and universities have applied to SOC to participate in that part of the program.

These institutions agree to a criteria favorable to education for Servicemen and Servicewomen. Key points take in these considerations:

—Liberal entrance requirements for men and women in uniform because of their maturity;

—Flexible attendance schedules recognizing that military duty often requires classroom absences;

—Accreditation of Service schools and work experience into college credits; and

—Liberal college credit transfer and waiving of residency requirements by member institution recognizing that Armed Forces members cannot hope to complete long-term college programs at one single institution.

How does the system for accrediting Service work experience and schools into college credit actually work? The Commission on Accreditation Service of the American Council on Education produces a guide that links work and school experience to specific credit hours. The SOC institutions agree to grant appropriate credit based on the guide's recommendations.

As Dr. Rose stressed, the procedure works to the advantage of the experienced NCO who by reaching his rank has attended many Service Schools and has a solid employment record.

"We feel the best technical training in the world is being given in the Armed Forces, and educators are starting to recognize that and want to give the person the appropriate credit," he said.

Dr. Rose described the PREP or Pre-Discharge Education Program as a misnomer because any person is eligible after only 180 days of active duty.

The Pentagon education official pointed out that PREP is VA-funded and is aimed at obtaining an actual high school diploma at civilian institutions.

In addition, Service personnel with high school diplomas may use the PREP program for taking refresher courses in preparation for college study, he said.

How does education rate with men and women in today's All-Volunteer Force compared to "draft-era" counterparts? Dr. Rose believes that education, which always rated high, rates even higher. He regards education as a definite incentive for retention and enlistment.

The value systems of most young people today respond to opportunities for individual career development, he indicated, saying, improved educational opportunities in the Military Services represent opportunities that speak for themselves.

Personnel Captures Coveted Intramural Basketball Crown



STAIR STEPPING FROM TOP TO BOTTOM for the 2nds place awards in basketball are Dutch Poppink, Lee Martin, Craig Rapoport, Pat Jaster, Rick Jones, Jerry Kolling, II, Richard Springmeyer and Laura Gonzalez.



FROM BOTTOM TO TOP for the 1st place awards are IIN Tony Mundy, LCDR Andy Antonopoulos; ENS Mel Goodloe, LTJG Jack Bradford, HNS Steve Samuels, IIN Rick Johnston, HN Ross Lunderville, LT I. D. Howard, LT Dave Heston, [not pictured, transferred to USS CORAL SEA, HM3 Curt Smith].

Scenes by the Sideline

By Ron Brown

INTRAMURAL BASKETBALL LEAGUE

Personnel reigns as the 1974 intramural basketball champs at NAVREGMEDCEN.

Under the able leadership of ENS Mel Goodloe and the scoring punch of Tony Mundy, the Personnel team ended up the season finale with a 54-40 win over Duplicating.

Tony Mundy led the way to the hoop with 27 points on 13 field goals and one free throw. Mel Goodloe aided his team's win with 14 points on seven field goals. Jerry Kolling and Terry Riley led Duplicating with 10 markers each.

Although outscored in the second half 28-20, Personnel built up a commanding half time 34-14 lead and held on to win the championship.

Personnel ended up the season with an impressive 11-1 win-loss record.

* * *

INTRAMURAL SOFTBALL

There is still time to form a team and enter the 1974 intramural slow-pitch league.

Entry blanks are available at Special Services; or call Ron Brown at ext. 2350.

League is open to all NMC staff active duty military personnel. How about the girls forming a team and playing in our league?

Deadline for entries is 12 noon, May 1, 1974.

League is tentatively scheduled to start the week of May 6, 1974.



THOU SHALT not siphon.

TWELFTH NAVAL DISTRICT SPORTS AND RECREATION

Apr 9-11, Bowling, 1 p.m., 12ND Women's Championships, NAS Moffett Field

Apr 14-20, Art Contest, 1 p.m., 12ND Contest, NAS Lemoore

Apr 24-25, Table Tennis, 7 p.m., 12ND Women's Championships, NAVSUPACT Mare Island

Apr 24-25, Table Tennis, 7 p.m., 12ND Men's Championships, NAVSUPACT Mare Island

TRACT AND FIELD

April 17—12ND Invitational, Naval Air Station, Moffett Field, 5 p.m.

April 24—12ND Invitational, El Cerrito High School, Ashbury and Central Ave., El Cerrito, 5 p.m.

May 1—12ND Invitational, Jefferson High School, 6996 Mission Street, Daly City, 5 p.m.

May 8—12ND Invitational, Vallejo High School, Amador and Nebraska Streets, Vallejo, 5 p.m.

May 18—12ND Championships, Solano Community College, Suisun Vallejo Road, Suisun, 1 p.m.

Track and field events: mile, 440, 100, 120-yard high hurdles, 880, 220, 2 mile, 180-yard low hurdles, 880 relay, shot, high jump, pole vault, long jump, javelin, discus, hop, step and jump.

TABLE TENNIS Tournament to start April 16

Sign up with Ron Brown. Ext. 2350.

Sign ups are now being accepted by the Athletic Director for a Station Tennis Ladder Tournament open to any active duty military officer or enlisted personnel. Call Ext. 2350.

SHOULDER STRAP purses are easily yanked. In dubious areas roll the straps and carry purse close to the body.

Movie Schedule

Friday, April 5
THE DEADLY TRACKERS—Richard Harris, Rod Taylor—Western (PG)

Saturday, April 6
TROUBLE MAN—Robert Hooks, Paul Winfield—Drama (R)

Sunday, April 7
FAT CITY—Stacy Keach, Jeff Bridges—Drama (PG)

Monday, April 8
THE ALL AMERICAN BOY—Jon Voight, E. J. Peaker—Drama (R)

Tuesday, April 9
SLITHER—James Caan, Sally Kellerman—Suspense Comedy (PG)

Wednesday, April 10
WESTWORLD—Yul Brynner, Richard Benjamin—Drama (PG)

Thursday, April 11
THE SLAMS—Jim Brown, Judy Pace—Drama (R)

Friday, April 12
DEAF SMITH AND JOHNNY EARS—Anthony Quinn, Franco Nero—Western (PG)

Saturday, April 13
THE LIFE AND TIMES OF JUDGE ROY BEAN—Paul Newman, Anthony Perkins—Western Drama (PG)

Sunday, April 14
HAMMER—Fred Williamson, Vionetta McGee—Drama (R)

Monday, April 15
THE GODFATHER—Marlon Brando, Al Pacino—Action Drama (R)

Tuesday, April 16
TO HAVE AND HAVE NOT—Humphrey Bogart, Lauren Bacall—Drama (1944)

Wednesday, April 17
SUMMER WISHES, WINTER DREAMS—Joanne Woodward, Martin Balsam—Drama (PG)

Thursday, April 18
THE SUMMERTIME KILLER—Karl Molder, Olivia Hussey—Action Drama (PG)

GOLFERS WANTED

Personnel are wanted to try out for the Varsity Golf Team to represent MCO in the 1974 12ND Golf League. The team is open to active duty officer and enlisted personnel attached to Medical Center Oakland.

Call Ron Brown, ext. 2350 or CDR Tom Carson, ext. 2408.

DIAL 2366 FOR UPWARD

LEGAL HOLIDAY
Memorial Day, Monday, May 27, is a legal holiday.

THE FIRM POLICY at Navy exchanges is "Satisfaction guaranteed or your purchase price cheerfully refunded." The sales receipt is valuable. Warrant cards at time of purchase should be mailed to the manufacturer.

Female Wins A First Even Though Second



It's a FIRST at NMCO, and maybe in all naval history, for a girl athlete to receive a basketball award for playing on an otherwise all male team.

HA Laura Gonzalez didn't play coed back in Omaha, Nebr., however. She says an all-girls team doesn't take their sports quite so seriously. Since she has always been in earnest about her basketball game, that's one reason why she enjoyed winning, even a 2nd place award, with Duplicating's masculine team. Laura works in the Dermatology Clinic.

The OAK LEAF

NAVAL MEDICAL CENTER, OAKLAND

Vol. 36, No. 17

Friday, April 19, 1974



The Surgeon General Briefs Medical Officers and Enlisted Personnel

The Surgeon General of the Navy, Vice Admiral D. L. Custis, took time from a meeting with the Board of Regents, Uniformed Services University of the Health Sciences, to pay an official visit and complete a tour of inspection to Naval Medical Center Oakland on the 10th of April, 1974.



THE SURGEON GENERAL of the Navy (center) is honored at a reception at the Officers' Mess (Closed), Naval Medical Center, Oakland.

Medical Officers Needed

The address to the Medical and Dental Corps in the Clinical Assembly just prior to a luncheon with the Chiefs of Service turned out to be a frontal face to face sincere discussion of Navy medicine as a career. "The big problem," Admiral Custis said, "is retention and recruitment of medical officers."

He commented that the Nurse Corps is at authorized strength and in a very healthy condition; "They have a program that is better than ever." He paid tribute to the talent in the Medical Service Corps, also now in one of its most forceful and favorable periods. He stated that the Dental Corps had worked out with but a few exceptions most of its problems. However, the Medical Corps is 500 doctors short of its complement. The Vice Admiral pointed out that only medical officers themselves would have the real feel for what is bothering them. So he called upon those present to speak freely concerning personal opinions.

Pay Bill Discussed

Some discussion was devoted to the medical "crisis bill" and yet another bill to be devoted to professionals during the next session of Congress, which includes provisions to carry the pay scale upward. Important provisions of these bills include payment of continuation pay after two years of service, or during training and residency years. This factor in time will make a difference as to whether or not medical officers are lost to the Navy. It was pointed out that some of the incentive provisions are a year late. With the end of the draft many good men took their leave of the Navy. With this action, in most instances, these same medical officers would have remained on active duty.

Nurse Practitioners' & Physician Assistants' Role Explained

Concerning the future role of the nurse practitioner, VADM Custis commented that the role which they may play has not yet been

(Continued on page 4)

THE SHORT SHEET

Courts Adjudge Back Pay Due Military and Civilians

The action withholding October 1972 pay raise until January 1973 was reversed by the U.S. Court of Appeals, and some three million military personnel and one and a half million federal civilians who were eligible at the time will receive the back pay as soon as the details of the payment schedule can be worked out.

ADM James L. Holloway, III, Nominated for CNO

Admiral Holloway, 52, Naval Academy Class of 1943, was nominated by the President to serve as the next Chief of Naval Operations when the term of Admiral Elmo R. Zumwalt, Jr., expires in June.

Retirement Law Not Imminent

Due to the magnitude and complexity of the new retirement proposal, early passage by Congress is not foreseen, making precipitous career decisions unnecessary.

Laser Experiments May Help Provide Cleaner Air

A team of scientists working with lasers at the Naval Postgraduate School at Monterey, Ca., has discovered a phenomenon which may help unlock the door to limitless "clean" nuclear energy, improve radio communications and explain the causes of mysterious magnetic forces in outer space. Laser fusion leaves a minimum of residual radioactive waste products. Disposal of waste products has been the key problem confronting large-scale development of nuclear power plants in the United States.

John W. Warner Departs as Secretary of the Navy

John W. Warner, who served as the 61st Secretary of the Navy for almost two years departed his post on April 8 to head the American Revolution Bicentennial Administration. The present Undersecretary, J. William Middendorf, II, is Acting Secretary of the Navy.



Management Team Evaluates Housing

Persons prone to use soapbox oratory to point out changes needed to improve the living conditions of bachelor enlisted personnel were given an opportunity last week to tell it to a BEQ Management Team. A three-man team, from the Housing Policy Division, Bureau of Naval Personnel, were on base monitoring the BEQ organization's daily operations.

Attention was directed to front desk check-in and security procedures, linen control, accountability methods, cleaning techniques, educational programs and overall responsiveness of BEQ management. On April 12 the team held a training session at the CPO Club. Team members are QMCM L. A. Archibeque, MMCM G. R. Landry and EMC Z. Berthelson. Chief Petty Officers were given the opportunity to make suggestions, vocalize grievances and initiate ideas.

A summary oral debriefing on recommendations was made to the Commanding Officer and a written evaluation of the week's visit is in preparation.

Exchange Spring Sales

from April 29 to May 4;
reductions 10 to 40 percent

The Crew's Library, building 101, is observing National Library Week from April 21st through April 27th. This year's dual themes are "Get it all together—at your library" and "Grow with books."

The recent institution of the Master of Business Administration by Southern Illinois University makes the second theme, "Grow with books," particularly appropriate for Naval Regional Medical Center. The library can be a resource center for those enrolled in the program, as well as being a source of personal enrichment through either fiction or nonfiction books.

This year 78 RPM records will be given to all those who use the library during this week. But whether you are interested in old records or not, you are invited to peruse the shelves for a book of fact or fancy or to find something on the FREE BOOK TABLE. There are also over 88 magazine titles.

The Oak Leaf

NAVAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services
LT D. D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Medical Center, Oakland, California 94627.

+ + Chaplain's Corner + +

LONELINESS—OR DRIFTING?

People often feel lonely. But "lonely" is not always the right word for their problem. Their problem is more often shallowness—a lack of solid substance and depth. They have nothing to anchor them down. And so they drift from one bar to another, from one good time to another. But they remain just as frustrated afterward as before. Their great goal is forgetfulness—to forget everything, to forget life, to get lost. Once a fellow gets picked up in that current, he finds it moves faster and faster until it seems no anchor can hold him, no matter how much he would like to come to a stop.

People often feel lonely. But loneliness is not their problem. Their problem is their everlasting drifting. Overcome that and you've beat loneliness. Look at yourself, face yourself, get to know yourself and others, and you'll find things coming under control. Once you've got a deeper control of yourself and your situation, you can develop a taste for solidness—solid friendships and solid interests. Why, you may even go out and have a solid good time! There's nothing like a deliberate good time. It's so much better than the artificial good times entertainers put on for drifters.

CAPT JOHN E. THOMPSON, CHC, USNR

USS Lexington To Have Reunion

The 21st annual reunion of the Navy's second aircraft carrier, USS LEXINGTON (CV-2), will be held June 26 to 29, 1974, in Long Beach, Ca., at the Edgewater Hyatt House. Any shipmate who served in this ship at any time between 1927, when she was commissioned, and May 8, 1942, when she was sunk in the Battle of the Coral Sea, may contact LCDR Walter D. Reed, USN (Ret), 5410 Broadway, Oakland, Ca. 94618, telephone 652-7373.

The keynote speaker at the banquet will be Rear Admiral Edward J. O'Donnell, USN (Ret), who was the gunnery officer in the ship during the battle.



A BUNNY HOP or just a hopping bunny? Anyway, a white rabbit did show up at the Enlisted Club over the Easter weekend.

Two Corpsmen Prevent Possible Fatality



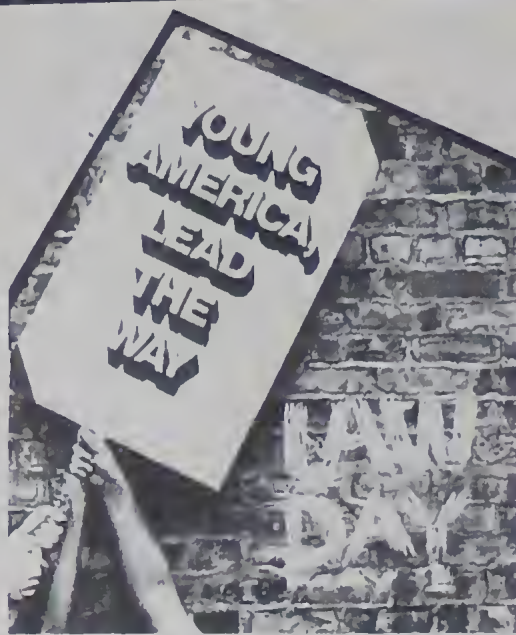
HM2 TIMOTHY J. TOWN
HM1 JOSE A. HERRERA

No Hippocratic Oath is administered to corpsmen on completion of training. However, two off-duty corpsmen recently responded to the unwritten code of ethics of their profession when they rendered aid to an epileptic patient at the Enlisted Club.

HM1 Jose A. Herrera and HM2 Timothy J. Town responded to the emergency situation and rendered first aid treatment and continuing care which prevented possible fatal results to the victim having grand mal seizure.

The Commanding Officer commended the two men for the calm effective manner in which they responded to the crisis.

LEADERS HAVE common ingredients of success: (1) confidence in subordinates, (2) situational sensitivity, (3) situational management skills and (4) style flexibility.



Your Rights

Every person enjoys certain rights set forth in the United States Constitution and protected by law. Listed here are but a few of these important rights. In order to fully appreciate them, however, and understand their meaning, individual freedoms under law, we must know the rights and the corresponding responsibilities that go with them.

Your rights under law include:

- The right to equal justice under the law and equal protection of the laws.
- The right to have legal counsel and a prompt trial if accused of crime.
- The right to be free from arbitrary search or arrest.
- The right to choose public officers in free elections.
- The right of free speech, press and assembly.
- The right to own property.
- The right to equal educational and economic opportunity.
- The right to attend the church of your choice.

Your Duties

With your rights also comes the United States of America expects individual responsibility. Every citizen owes them. Only by following laws and duties a responsible citizen can we strengthen our country and its institutions.

Your duties as a citizen include:

- The duty to respect, obey and uphold the law.
- The duty to be informed on issues of government and community affairs.
- The duty to vote in elections.
- The duty to practice and teach the principles of good citizenship in your home.
- The duty to serve on juries if called.
- The duty to support agencies of law enforcement.
- The duty to honor the rights of others.
- The duty of allegiance to the Constitution of the United States of America and to work for its betterment and perpetuation.



Q—I received a general discharge from the Navy. Am I eligible for GI Bill benefits from the Veterans Administration?

A—Yes. A general discharge entitles a veteran to the same benefits as an honorable discharge. Suggest you apply at your nearest VA regional office for these benefits.

Q—When a veteran's widow died recently, she had in her possession a pension check from the Veterans Administration. Is this check payable to anyone?

A—No. The check must be returned to the disbursing office which issued it. It may then be reissued upon submission of a claim to the nearest VA office, to any children entitled to VA death benefits. In the event there are no eligible children, the check may be made payable to the person or persons who bore expense of the last illness or burial.

Q—I draw compensation for a service connected partial disability suffered in Vietnam. If I'm hospitalized for this disability, will the Veterans Administration increase my compensation?

A—Yes. If you're hospitalized 21 days or more, your disability rating will be increased to 100 percent. You'll receive compensation at this rate until discharged from the hospital.

All that is essential for the triumph of evil is that good men do nothing.

—Edmund Burke



HELP HOSPITALIZED VETERANS of San Diego again make a large donation of craft kits to NRMCO. HM Terry Carman (center) helps deliver them to Occupational Therapy, where they are received by HM Juan Dimas and HM2 Joyce Burris.

TO CUE YOU IN TO SERVICES IN THE AREA

	NAVAL MEDICAL CENTER OAKLAND	OAKLAND ARMY BASE	NAVAL SUPPLY CENTER OAKLAND	NAVSTA TREASURE ISLAND	NAVAL AIR STATION ALAMEDA	THE PRESIDIO OF SAN FRANCISCO	MARE ISLAND VALLEJO	TRAVIS AIR FORCE BASE
MAIN COMMISSARY	None	466-2680 Bldg. 590 0830-1800 T-Th 0830-1900 F 0830-1800 S 0830-1330 Sun	None	765-6694 Bldg 34 0800-1700 T-W-F 0800-2000 Th 0800-1500 S	869-2580 Bldg 152 0900-1900 T-W-Th 0900-2000 F 0800-1500 S	561-3383 Bldg 2913 0900-1800 M-F 0800-1700 S	642-8941 Bldg 615 0900-1800 T-W-F 0900-2000 Th 0800-1400 S	437-9211 Bldg 80 0930-1830 T-F 0900-1700 S
EXCHANGE (NX, PX, BX)	639-2151 Bldg 38 1000-1700 M-F 0900-1300 S	465-3174 Bldg 640 1000-1800 M-S	466-6226 Bldg 320 0900-1630 M-F	765-6966 Bldg 201 1000-1700 M-F 0930-1600 S	869-2600 Bldg 118 1000-1700 M-Th 1000-1900 F 1000-1700 S 1200-1700 Sun	No 1 Bldg 385 561-4313 1000-1900 M-F 0900-1800 S No. 2, Bldg T-92 561-3972 1000-1900 M-F 0900-1800 S No. 3, Bldg 609 561-4929 1000-1800 M-S 1200-1700 Sun (Check also Letterman, Ft Baker, Ft Scott)	691-0750 Bldg 897 1030-1730 M-S	437-2303 Bldg 650 1000-1800 M-F 1000-1600 S 1200-1600 Sun (Passenger BX open 24 hrs) (There are four branch stores)
BEVERAGE STORE (Mini-market, convenience store)	639-2545 0900-1730 M-F 0900-1330 S	451-2743 1000-1700 T-S	(Part of Service Station)	765-6933 Bldg 201 0930-2000 M-S 0900-1700 Sun	869-2411 Mini-mart 1000-1900 M-Sun	None	691-0750 Bldg 773 1030-1630 M-S	Same as BX
SERVICE STATION (Check for temporary time changes)	639-2436 0830-1730 M-F	465-3176 Bldg 828 1000-1500 M-F 1000-1400 S (No gas)	466-5678 0830-1700 M-F	765-5872 Bldg 330 0800-1630 M-S	669-2041 (869-2191 New Station) 0800-1700 M-Th 0800-1900 F 0800-1700 S 1100-1600 Sun	561-4585 Halleck & Gorgus 1000-1700 M-F 561-7360 Bldg 760 (Ft Baker) 1200-1700 M-F	644-1569 Bldg 565 1000-1700 M-F 1000-1400 S	437-2678 Travis Blvd 0800-1800 M-S (Parts) (Hours variable at gas pumps) 1000-1800 Sun
GARAGE	By appointment	Same as Service Station	Same as Service Station	Same as Service Station	869-4563 By appointment 0800-1630 M-F	561-4717 (by appointment) Halleck & Gorgus 0700-1800 M-S	Same as Service Station	Same as Service Station
MOTEL or TRANSIENT QUARTERS	639-2051 16 units \$6 one or two persons \$8 suite	466-3067 Bldg. 650 40 units \$2.25 per bed 1 VIP suite	466-6187 Bldg 521 20 units \$6 to \$8	765-5234 Bldg 369 150 Space available rooms \$2	523-4917 Navy Lodge 72 units \$9	Enlisted 561-5228 18 units 2 singles \$3 2 units \$6 50 14 multi \$7 Officers 561-3411 4 VIP \$2 18 apt-type \$9 to \$11	646-2439 242 units for off-ship at \$75-\$91 mo 22 quonsets at \$50 to \$100 mo.	438-2987 40 units for PCS at \$4 per person, max \$12. (There are BOQ, VOQ and VIP quarters and barracks for TDY incoming)
COMMISSIONED OFFICERS' MESS OR CLUB	639-2181 (Closed mess)	451-2074 Bldg 415	466-6307 Bldg 521	765-5442 Bldg 140	869-4080 (Closed) Bldg 17 869-3241 (Open) Bldg 60	561-4260 Bldg 50	644-2339 Bldg 396	437-3368 Bldg 420
CHIEF PETTY OFFICERS' CLUB OR SNCO	639-2457 Bldg 78b (Open)	None	None	765-6284 Bldg 229	869-4441 Bldg. 285	None	646-4232 Bldg 41	438-5071 Bldg 660
ENLISTED MEN'S OR NCO CLUB	639-2160 Bldg. 78A	451-0901 Bldg 833	466-5749 Bldg 746	765-6950 & 765-5531 Bldg 369	869-2931 Bldg 4	561-4914 Bldg 1331	643-8737 Bldg. 753	437-3711 Bldg. 867

Surgeon General

(Continued from page 1)

identified. There is program availability for both the nurse practitioner and the physician assistant, particularly in pediatrics, obstetrics, internal medicine, primary patient care, family practice and anesthesiology. At present 50 physician assistants are in their second year of internship; there are 50 following in their steps. Thereafter about 100 physician assistants will be trained each year until 350 to 400 are trained. The physician assistant will need time to prove himself both to the nurse and the doctor, so his part, too, needs better definition.

Continuing Need for General Medical Officers (GMOs)

One area of concern dealt with the absence of the front line physician, the one closest to the health consumer. Admiral Custis was very emphatic concerning the specialist who is not inclined to take up the slack in outpatient clinics and emergency rooms.

"American medicine can ill afford to produce specialists in such quantities that they cannot to some degree care for most of the usual functions of a GMO," he said. "Our one mission is to support NAVY." The Vice Admiral went on to express his belief that every Navy doctor is a better medical officer if he identifies with what Navy medicine is all about—Navy personnel.

Specialists Play Double Role

It was the draft which brought in the GMOs in quantity. The absence of the draft suddenly affected the military to its detriment. Although many Navy doctors object to assignment to the walk-in clinics, the speaker expressed his belief that every specialist should practice front line care. "There will still be plenty of room for the super specialist if he retains some generalized interests," he said. But he further pointed out that the profile 5 years from now is as indefinite as to civilian medicine as to military medicine.

Rotation Has Its Value

On operational rotation in the Armed Forces, VADM Custis stated that, in his opinion, operational service should be valued; it brings a better "feel for the Navy."

Patient Mix Threatened

He conceded the new directions of CHAMPUS is offering some challenge to the patient mix and load needed to retain the quality for which Navy medicine has been known. If a military hospital is to retain the essentiality of patient care, teaching and research, the patient load "simply cannot be limited to active duty." Explaining need further, he stated that the staff of the University of Health Sciences will be 50 per cent military, and there will be 5,000 scholarship recipients. To meet the academic responsibility to the students, and under the internship and residency programs, there must be a variety of people in the patient care load.

Although outside analysts can

probably very well determine how large the military medical force might be to satisfy contingency responsibility, VADM Custis stressed that such analysts should not attempt to define or limit the patient mix.

University Making Progress

"The University of the Health Sciences (being established at Bethesda, Md.) is coming along fine," the Surgeon General reported. The new medical school will open teaching careers and faculty opportunities so that persons interested in teaching might find recognition.

Enlisted Personnel Addressed

In speaking to the gathering of enlisted men and women at 4:15 on the afternoon of April 10, the Surgeon General went into greater detail about the physician's assistant program, giving its background and some misuses. He described some of the troubles encountered under civilian programs in which certification of the physician assistant as well as technicians met with obstacles. He praised optional avenues of growth which the Navy provides whereby the enlistee can progress from high school, either in-house or out-service training, "to become Surgeon General, should he covet the job."

"C" Schools to Become Reenlistment Incentive

There is a trend toward less specialization for corpsmen as well as for medical officers. It will be tougher to get into "C" Schools, the Surgeon General advised. He detailed a rotation plan in which graduates of Class "A" schools will be detailed to sea duty and then upon return will be considered for Class C school programs. This should produce increased stability and higher ratings in hospital or shore based facilities.

Four in Area Make

Physician's Assistant Program

Congratulations were extended to HM2 Andrew E. Anderson, Jr. and HM1 Michael J. Lockwood of NMCO and to HM1 Michael E. Cohen and HM1 Vernon C. De Vries of Treasure Island who received notification of admission to the Physicians' Assistant Program. They will train at the School of Health Care Sciences, Sheppard AFB, Wichita Falls, Tex.

Naval Reserve Company Keeps Growing

A short 2 years ago Naval Reserve Medical Company (11-3) had fewer than 10 members. A company roster issued recently tallies 38 members, and two nurses joined the unit at the last meeting.

The group meets the last Wednesday of each month downstairs at the Officers' Mess (Closed) at 7:30 p.m. The Commanding Officer is CAPT Robert L. Nolan, MC, USNR, Martinez VA Hospital, phone number 228-6800. He can furnish a membership list or provide more detailed information about this medical reserve unit.

Library Week—April 21 to 27

Papers and Mags At Crew's Library

- 1 American Heritage—U.S. History
- 2 American Home
- 3 American Philatelist—Stamp Collecting
- 4 American West—Popular History of Old West
- 5 Americana—History—Americana Collectibles, etc.
- 6 Analog Science Fiction & Fact—Science Fiction
- 7 Argosy—Men's Adventure
- 8 Arizona Highways—Travel
- 9 Autoweek—Automobiles—Hotrods, etc.
- 10 Better Homes & Gardens
- 11 Black Stars—Woman's Orientation—Black Entertainers, etc.
- 12 Professional Review of Books
- 13 Camper & Coachman—Campers, Mobile Homes
- 14 Car & Driver
- 15 Changing Times—Consumer
- 16 Christian Science Monitor
- 17 Coinage—Coin collecting, Hobbies
- 18 Consumer's Reports & Buying Guide
- 19 C. Q. Radio Amateurs Journal—Radio hobby
- 20 Cry California—Environment & ecology
- 21 Cycle
- 22 Cycling World—Cycle world weekly
- 23 Downbeat—Popular music
- 24 Esquire
- 25 Essence—"For Today's Black Woman"
- 26 Field & Stream—Hunting, fishing
- 27 Flying—Airplanes
- 28 Forbes—Business
- 29 Fortune
- 30 Galaxy—Science Fiction
- 31 Gentleman's Quarterly—Fashion
- 32 Golf Digest
- 33 Guitar Player
- 34 Harpers Magazine
- 35 High Fidelity
- 36 Holiday—Travel
- 37 Horizon—Art, culture, history—international in scope
- 38 Professional Reviews of Children's Books—Literature
- 39 Hot Rod—Auto—hobby
- 40 Mechanix Illustrated
- 41 Model Railroader—Hobby
- 42 Modern Photography
- 43 Modern Screen
- 44 Motor Trend
- 45 National Geographic
- 46 National Review—Political commentary, liberal
- 49 New York Times—Daily & Sunday
- 50 New Yorker
- 51 Newsweek
- 52 Oakland Tribune—Daily & Sunday
- 53 Outdoor Life—Hunting, fishing, etc.
- 54 Pageant
- 55 Playboy
- 56 Proceedings of the U.S. Naval Institute
- 57 Publishers Weekly—Trade-book industry
- 58 R/C Modeler—Hobby, variety of models, cars, airplanes, etc.
- 59 Ring—Boxing

- 60 St. Louis Post-Dispatch—Daily & Sunday
- 61 San Francisco Magazine
- 62 Scientific American
- 63 Sea & Pacific Motor Boat
- 64 Smithsonian—Natural history, archeology
- 65 Sport
- 66 Sporting News
- 67 Sports Afield—Hunting, fishing
- 68 Sports Illustrated
- 69 Sunset
- 70 Time
- 71 True—Adventure
- 72 True West—Old West, popular history
- 73 U.S. News and World Report
- 74 Vogue
- 75 Wall Street Journal
- 76 Washington Post—Daily & Sunday
- 77 Western Outdoor News—Hunting, fishing, California Weekly
- 78 Western Outdoors—Hunting, fishing
- 79 American Rifleman
- 80 Atlantic Monthly
- 81 Ebony—Black, general interest
- 82 Ladies Home Journal
- 83 Popular Electronics
- 84 Popular Mechanics
- 85 Popular Science
- 86 Psychology Today—Popular psychology
- 87 Reader's Digest
- 88 Today's Health
- 89 Federal Times

Save \$\$ On Moves

Many service members are being charged large sums of money for the shipment of personal property in excess of their authorized maximum weight allowances, according to DoD transportation officials.

This fact is particularly noticeable when shipments are arranged through a military traffic management office, incident to an ordered permanent change of station (PCS).

When a traffic management office ships excess property, the cost to the individual can vary anywhere from 30 cents to \$1.00 more per pound, contingent upon the distance shipped and the mode of shipping selected.

"If the members had taken advantage of the authority to utilize the U.S. Postal Service for the shipment of many of the items offered to a traffic management officer, they could have been shipped at a fraction of the traffic management officer's cost," officials explained.

Members of the lower paygrade who are limited to the shipment of 225 gross pounds incident to PCS moves are particularly vulnerable to the payment of excess costs. "They should always seriously consider the utilization of U.S. Postal Service for articles considered mailable," officials said.

"Exchange facilities are almost always available for the preparation of mailable articles at nominal costs, and the favorable parcel post rates chargeable for such shipment are applicable only for movements within the U.S.," officials advise.

Who's Been Doing What . . .



THE FAMILY OF HMC Darrol Bennett would like to peek in on top to see just what is included in those "Temporary Additional duty" orders which a new Chief receives. There's Mamma Freda, Mr. Darrol, Jr., Julie and Mari—all kept on the outside of what really goes on at a Chief's initiation.



NEW CHIEF GALE THAMES also received "Temporary Additional duty" orders to report. For that Friday's duty Chief Thames threatened to go AWOL.



LT JEAN GEORGE augments.



TWENTY-NINE YEARS at this facility. That is the record claimed by Mrs. Gladys Shoales, recently retiring from Food Service. Sharing her ceremony are her supervisor, Mr. Samuel Carson, LCDR A. T. Antonopoulos, Mr. Ernest Sivertson and CDR Marti Springer.



THE NAVY WIVES'S CLUB OF AMERICA No. 160 had a pre-Easter sale of rabbits, baskets and other novelty items and added \$65 to their club's coffers for benevolent purposes. Caught at the sales table are Jan Matthews and Kathy James who not only donated time at sales, but put in four nights a week for two weeks in helping create the items sold.



CAPT ALEXANDER HERING, MC, USN, Chief of Outpatient service, retires after 26 years, 8 months, 29 days. Mrs. Hering stands by to help hold the certificates and letters of appreciation received by her husband.



SMC WILLIAM SCHWARTZ, Security Branch, reenlists for his fourth time. IM2 ALFREDO HODALGO, ENT Clinic, reenlists for his second hitch.



THE BIBLE upon which HM3 Charlene Demshar takes her first reenlistment oath is one upon which RADM R. E. Faucett, Commanding Officer, took his oath as an Admiral. The bible is opened to the story of the Good Samaritan.



HM2 JOHN J. SIMS is commended for outstanding work in the Center for Disease Control Proficiency Tests. The results of Petty Officer Sims' independent surveys placed his lab high in national standings. On his release from active duty the Commanding Officer extended a hearty "well done" and best wishes for continued success.



HM3 JACK SLEETH, Staff Sick Call, reenlists for the first time.



CDR HENRY BODENBENDER, Pediatric Service, shares augmentation day with his wife, Marilyn.

Sports

Shorts

BOWLING

HMI R. Kay Kiedrowicz of Education and Training is the only bowler representing NavReg-MedCen in the 12ND championships who qualified for the West Coast Regional Championships being held in Whidbey Island, Washington, on April 29 to May 3, 1974.

"Ski," as she is more commonly referred to, placed fifth in the women's division.

SOFTBALL

There is still time to sign up a softball team in the 1974 intramural slow-pitch league.

There are 14 teams signed up so far (equal to 1973 season). However, this year we have two women's teams entered.

12ND TRACK SEASON

Next invitational meet is April 24 at El Cerrito High School at 5 p.m. The 12ND championships will be held May 18 at Solano Community College.

STATION TABLE TENNIS

A table tennis tournament was held at the enlisted barracks on April 16, 1974, with SMCM Somchai Chonchoo emerging as the 1974 champion and SMCM Chawarith Monsub taking the runnerup honors. Placing third and fourth were Ben Choa and Vernon Isip.

All four men will advance to the 12ND championships on April 24 at Mare Island Shipyard.

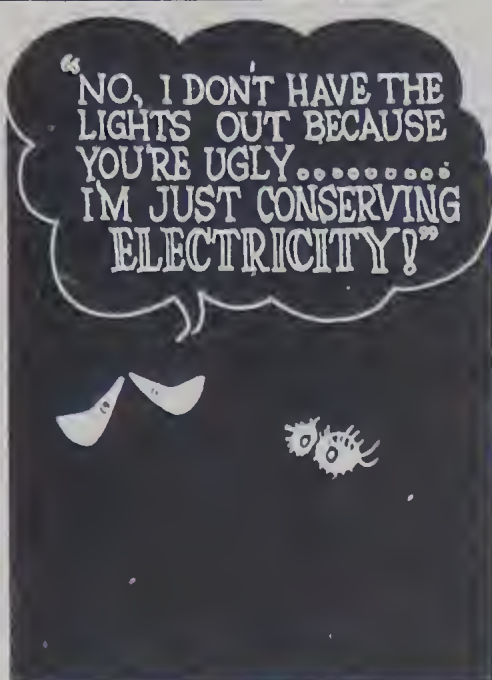
VOLLEYBALL

Intramural Standings as of April 5, 1974

Teams	W	L	PCT.
OR	6	0	1.000
OP/SER	6	1	.857
Dental	3	4	.428
PT/OT	3	4	.428
Lab	2	4	.333
OB/GYN	2	4	.333

If a man knows what is right and fails to do it, his failure is a real sin.

—JAMES 4:17



Officers' Wives Share Themselves With Hospitalized Children

A hospital experience can be a lonely one for an adult, but when a small child is removed from his home for institutionalized care sometimes the isolation from family can be a frightening experience. About 25 volunteers for the past 8 months have been trying to make it less so for the patients on the Pediatric Ward.

The volunteers from the Officers' Wives' Club have decorated the wards to make them more attractive for relaxation and enjoyment. At Halloween they made costumes for the children and helped them experience a modified "trick or treat"; at Christmas they helped the children make Christmas cards for friends. And of especial benefit, because of unselfish commitment of time by the volunteers, twice each week the children get to leave their rooms and have good times on a 7th floor ward.

Easter weekend they were treated to an Easter egg hunt on the terrace. For children "Easter time is the time for eggs and the time for eggs is Easter time."

After Easter the program for the Pediatrics Ward will continue. One sponsor of the program, Sandi Castor, is hopeful that new volunteers will join the present ones and come up with new ideas for this worthwhile project. Sandi's telephone number is 568-7841.



AN EGG IS AN EGG even if found on a roof's patio by a small patient.

Bits and Pieces

Bravo, bravo! to Lourdes and Gloria Carandang, who live in Quarters P-1 here on base. For a school report, they chose to give fellow classmates a historical briefing on our facility. Five or six afternoons spent in research at THE OAK LEAF office paid off with an A-plus for the twins. Our gain was a bit of favorable publicity.

LT Buddy Sparks says he heard Rick Jones brag that all the steam has gone out of OR's and Dental's volleyball teams and that OP Service plans to "smoke 'em."

The National Association of Executive Housekeepers of Northern California has snatched up our Head of Housekeeping Branch, Fred Taylor, as its President. Mr. Taylor spent a month in training at Kellogg Center, University of Oklahoma, and received his certification as an executive housekeeper under the Health Science Division program. He performed so well on the academic scale that he has been invited to teach some classes in his field when a branch is set up on the West Coast.

Also gaining recognition for himself and our Medical Center is laundry plant manager Tom O. Payne. The National Association of Institutional Laundry Managers elected him Vice President of its Northern California Association for the year 1974.

CHAMPUS Corner

PER DIEM RATE INCREASE AFFECTS CHAMPUS SHARE

Secretary of Defense James R. Schlesinger has announced that inpatient dependent medical care per diem rate in military hospitals been increased to \$3.50 per day effective January 1, 1974. This rate increase also affects the cost-share requirements for dependents of active duty members under the Civilian Health and Medical Program of Uniformed Services (CHAMPUS).

The per diem rate of \$1.75 for dependent hospitalization first became effective on October 1, 1948. The decision to increase this rate follows recommendations that this minimum charge should be adjusted upward periodically, to take into account adjustments in the compensation of members of the uniformed services. Since 1966, the weighted average basic pay, quarters, and subsistence has shown an accumulated increase of 99 percent. The impact of this change will not be felt by patients using CHAMPUS who are hospitalized for seven days or less.

GERMAN SHEPHERD DOG OWNER

THE OAK LEAF OFFICE
ATTN: [Name]
[Address]
[City, State, Zip]
[Phone Number]
[E-mail Address]
[Other Information]

Hail & Farewell

OFFICERS REPORTING, March-April: ENS M. Sullivan, NC from Newport; ENS J. Weisbecker

OFFICERS DETACHING, March and April: ENS K. Abernethy, NC, RAD; LTJG G. NC, to Nav Hosp Guam, CDR S. Kiely, Nav Hosp Yokosuka, LTJG A. Marquis, to Nav Hosp San Diego, ENS L. Newton, RAD, LT M. Phillips, NC, RAD, LT Smith, NC, RAD; LT M. Rivera, NC, RAD; A. Friedman, MSC, to NMMC Bethesda; A. Hering, MC, RAD; LCDR J. PELCHIC, to USS ENTERPRISE.

Movie Schedule

Friday, April 19
HIT—Billy Dee Williams, Richard Pryor—Melodrama (R)
Saturday, April 20
DIRTY HARRY—Clint Eastwood, P. Guardino—Drama (R)
Sunday, April 21
MAN OF LA MANCHA—Peter O'Toole, Loren—Musical Drama (PG)
Monday, April 22
PICK UP ON 101—Leslie Ann Warren, Albertson—Melodrama (PG)
Tuesday, April 23
THAT MAN BOLT—Fred Williamson, Webster—Action Drama (R)
Wednesday, April 24
TERROR IN THE WAX MUSEUM—Milland, Broderick Crawford—Drama (PG)
Thursday, April 25
ASH WEDNESDAY, Elizabeth Taylor, Fonda—Drama (R)
Friday, April 26
THE PAPER CHASE—Timothy Bottomley, Lindsay Wagner—Drama (PG)
Saturday, April 27
SLEUTH—Laurence Olivier, Michael Caine—Suspense (PG)
Sunday, April 28
WHAT'S UP DOC?—Barbra Streisand, O'Neil—Comedy (G)
Monday, April 29
THE BIG SLEEP—Humphrey Bogart, Lauren Bacall—1946 B&W
Tuesday, April 30
MOMENTS—Keith Michell, Anya Ford—Drama (None)
Wednesday, May 1
SLEEPER—Woody Allen, Diane Keaton—Comedy (PG)
Thursday, May 2
BLACK BELT JONES—Jim Kelly, G. Hendry—Action Drama (R)
Friday, May 3
YOUR THREE MINUTES ARE UP—Bridges, Ron Liebman—Comedy (R)



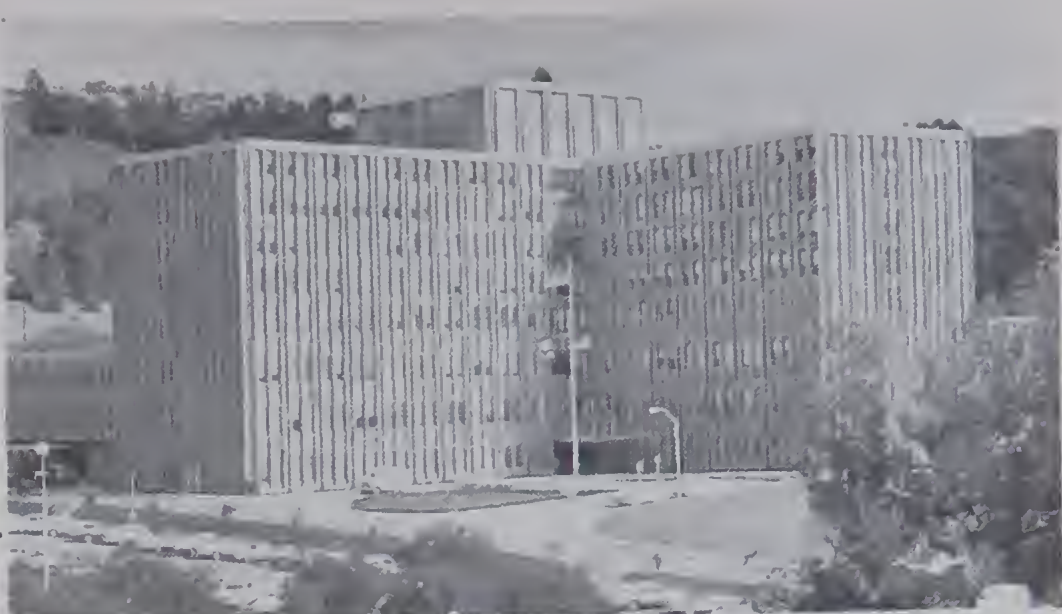
RICHARD DECHANT, Safety Manager, Public Works, presents safe driving awards to Charles Dyson, 20 years; Wilson Carter, 22 years; Logan Walton, 22 years; Isadore Lore, 18 years.

The OAK LEAF

NAVAL MEDICAL CENTER, OAKLAND

Vol. 36, No. 18

Friday, May 3, 1974



A First Speaks At A First



CDR ERNEST BALL
CAPT FRED AUSTIN

Ernest Ball, MSC, USN, was the first optometrist to serve at Naval Hospital, Oakland, when he reported for duty as a Lieutenant, Junior Grade, in August 1956.

Now returned to Medical Center, Oakland, as a Commander, he moderated the first tri-service, regional military optometric seminar on April 18. The all-day meeting, held at Naval Air Station Alameda was attended by 22 military and Civil Service optometrists. The program's scope included tonometry, ocular pathology, amblyopic and strabismic, contact lens solutions, visual field testing, industrial optometry and orthokeratology.

CAPT Fred Austin, MC, USN, Acting Chief of Ophthalmology, NMCO, was a lecturer at the seminar.

First Nurse Practitioner To Come Aboard NRMCO

In keeping with the changing aspects of medicine, NRMCO Oakland has recently acquired the services of a family nurse practitioner. She will be working in our Primary Care Clinic.

Susan Reininger is a registered nurse who has undergone an intensive training program in the diagnosis of diseases and has had extensive clinical experience in the management of common medical problems.

Working under the supervision of our staff physicians, Nurse Practitioners will do physical examinations, diagnose and treat minor illnesses, and assist in the management of chronic conditions.

They will not replace the staff physicians, but will function as an accessory limb to assist the physician in the delivery of medical outpatient care. A Nurse Practitioner will bring a valuable skill which will contribute to improved health care service.

AMERICAN FORCES

VIGILANT
VITAL
VOLUNTEER

THE SHORT SHEET

Armed Forces Day Is May 18

The theme of the 1974 Armed Forces Day depicts the readiness of today's military men and women in a voluntary environment: "American Forces—Vigilant, Vital, Volunteer." The President issued a proclamation declaring the third Saturday of each May as Armed Forces Day.

Airline Discounts May End

The one-half fare standby and two-thirds reserve fare for military people flying commercial may end and be replaced with an across-the-board 75 percent of full fare charge for military personnel. If the Civil Aeronautics Board ruling goes into effect on May 1, the special fare of 25 percent discount will be applicable seven days a week, including holidays.

BAQ Entitlements Ruled Retroactive

BAQ entitlements for married service personnel are retroactive under certain conditions. ALNAV 15-74 (DTG 031818Z/15 Apr 74) contains details and procedures for filing claims if both husband and wife are entitled to BAQ at the single rate if they have no other dependents.

New Law Education Program Begins

Details on applying for a funded law education program are contained in OPNAVNOTE 1520. The funded program is slated to replace the current "excess leave" law study program.

"Whole Man" Concept to Guide Enlisted Advancements

Bupers has announced a new plan which will revise the Navy's enlisted advancement system by giving more emphasis to job performance and leadership and less emphasis to written examination scores. Details concerning the new promotion plan will be released in the near future.

WOMEN IN ACTION RALLY FOR ACTION



FEDERAL WOMEN Programs' Adviser, Mrs. Betty Winsby, listens intently to the voices of Women in Action. A followup meeting is to be scheduled for about May 9.

"Women in Action" is not a libbers' group. It is not a group solely dedicated to eliminating sex discrimination in employment. It is concerned with sex discrimination among its other aims of improving working conditions and raising the morale of women in all spheres of their working environment.

"We cannot know the needs here unless women know we are in action and appear with their grievances," Mrs. Betty Winsby, the coordinator of the program said. "Discontentment must be aired, investigation made, and then we can make recommendations for improvement. Three grievances were made at the meeting. The promise was made that they would be investigated.

A major area of discussion at the April 25 meeting is the need at NRMCO for an education and training program which will encourage continued upward mobility. Whatever the job, there should not be a feeling that it is a

dead end and that management and supervisory positions are out of reach.

Complaints were made by several persons present that too often requests for training and educational seminars have met with the response, "No funds available." It appears also that there is a desire for cross training; too frequently within the Civil Service climate a person is tabbed under one classification without an opportunity ever being given to show additional skills or versatility.

It was agreed that too few women had apprised themselves of the college programs recently offered on base. The suggestion was made that those programs and the high school and community college adult education classes be better publicized this Fall.

Report back on unanswered questions will be made at a meeting to be scheduled in the near future. Watch for announcements as to date and time.

UPWARD Open To Civilians

Understanding Personal Worth and Racial Dignity has added beneficial dimensions to the racial relations and human awareness program at NMCO. Because of the effectiveness of the seminars, the education program has been extended to the civilian population.

Civil Service personnel are being enrolled a few at a time along with active duty personnel to give a cross-sectional mix which will also balance supervisory and non-supervisory staff members. Weldon Miles, Deputy Equal Employment Officer, ext. 2283, is handling enrollment for civilians; and four persons have completed training already.

HN John Chmielinski, ext. 2238, is scheduling military personnel into the UPWARD classes which

meet three days a week at the Officers' Mess (Closed).

West Coast Authority To Lecture May 10 On 'Sexuality of Disabled'

Dr. Robert C. Geiger, a civilian orthopedist, will present a program entitled: "Sexuality of the Disabled" from 2 p.m. to 4:30 p.m. on Friday, May 10, 1974, in the Clinical Assembly.

The program will deal with the sexuality of the paraplegic and the quadriplegic patient; and the presentation will include lecture, tapes and movies.

All staff personnel are encouraged to attend.



NAVY NURSE CORPS

*The Nurse Corps
On the 66th
we honor Navy nurses*

SPECIAL INTERESTS, COMMON GOALS,

The theme of the 1974 American Nurses Association Convention!

The theme is experienced daily in the lives of the 150 Navy nurses assigned at Naval Regional Medical Center, Oakland.

Special interests abound within the

hospital environment where the Nurse Corps officer experiences the true feeling of being a vital member of the health care team, whether participating in nursing care or in a highly complex technical environment. It is an extremely challenging environment with many interpersonal variables.

The clinical setting, whether in

Navy Nurse Corps

... At Your Service

(1) ENS MARY SULLIVAN entered the Navy as a Corps Wave. While stationed at Annapolis, she was selected for the Navy Enlisted Nursing Education Program and completed the Baccalaureate Program in nursing at Marquette University. Currently assigned to the 8th floor, Miss Sullivan is particularly impressed with the guidance offered by her fellow nurses and the opportunity for professional growth.

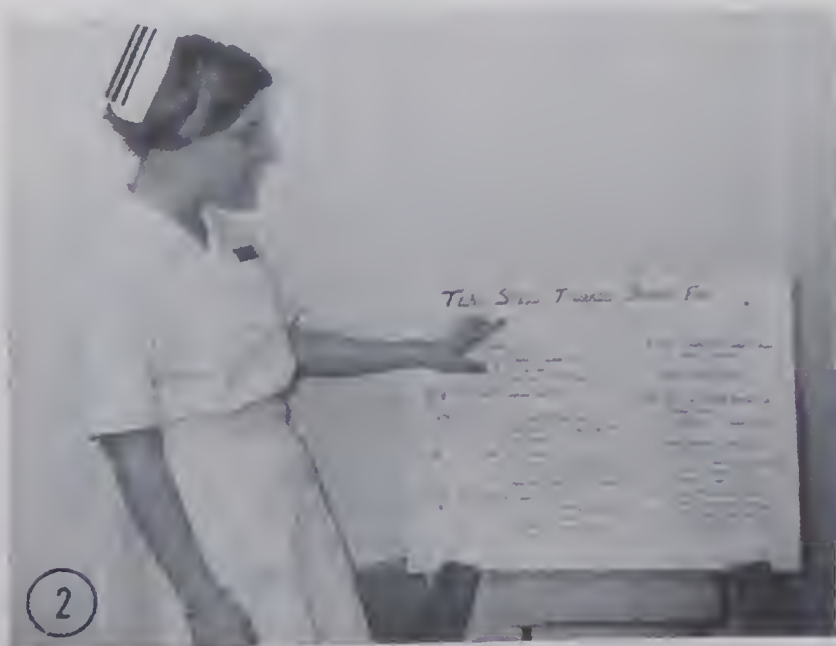
(2) LTJG JANICE HAMMOND, a native Californian, is pioneering a nurse clinician role through comprehensive care of the diabetic. Assuming a leadership role in establishing the Diabetic Conference Clinic, Miss Hammond's nursing skills are reflected in one-to-one and group patient care activities covering the gamut of nursing practice: recognizing, referring, counseling, teaching and maintaining health.

(3) LTJG JOHN MILLER, staff nurse on orthopedics, shares his nursing knowledge by assisting the Corps staff in planning and providing patient care.

(4) LTJG DEBORAH HARMON entered the Navy from a civilian nursing position in Arizona. Job satisfaction in the area of pediatrics and her admiration for the people she works with have maintained her enthusiastic outlook toward Navy nursing and forthcoming transfer to Guam in July. "I'm really looking forward to it!"

(5) LT ELLEN LUCKUS, staff nurse, Outpatient Service, on August 1972 came back to NRMCO for a second tour. Returning here from "the last frontier" (ADAK), Miss Luckus has recently completed a course in coronary care nursing and continues her wilderness pursuits by frequent jaunts to Yosemite National Park.

LTJG VICKI MONROE, staff nurse, values contact with the patient as the most important facet of nursing care of the medical patient. Responsive to each patient's needs, Vicki adeptly utilizes her nursing ability in providing care as well as offering assistance to other health team members.



And since
Meet a
as they

The Oak Leaf

NAVAL MEDICAL CENTER, OAKLAND, CALIFORNIA

LTJG R. F. Faucett, MC, USN, Commanding Officer
 CAPT George F. Gorsuch, MC, USN, Deputy Commanding Officer
 CAPT Edwin B. Miller, MSC, USN, Executive Officer
 LCDR Emory J. Hatch, MSC, USN, Director of Administrative Services
 LTJG D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
 Editor: Jo Spivey
 Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka

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+ + Chaplain's Corner + +

DO IT WITH LOVE

When a man is put to work on something merely because it is his duty to do it, the time will come when he will feel that he has discharged his duty and quit, even if the job is unfinished. On the other hand, when a man is at work because it is a labor of love, he will stay there until the working tools fall from his tired hands or until the assignment is finished and he can stand in triumph beside his completed task.

Dr. Einstein is quoted as having said, "I took violin lessons from age 6 to 14, but had no luck with my teacher, for whom music did not transcend mechanical practicing. I really began to learn only after I had fallen in love with Mozart's sonatas. The attempt to reproduce their singular grace compelled me to improve my technique. I believe, on the whole, that love is a better teacher than sense of duty."

Doing one's duty is an essential resolve for any man who wants a soft pillow for his head when old age comes. Duty is a fine word and a noble thing, but to face the rest of life with duty as a sole companion is an incredible torment and leaves little, if any, room for ecstasy. The grief of the man who has had only duty as his companion in life is that he comes to the end feeling his sap drying out and half the wine of life still untasted. Love is a greater companion. Duty alone can make for a lot of loneliness.

CDR L. W. RUSHING, CHC, USN

In Memoriam

The Medical Corps on April 2, 1974 at Naval Medical Center Bethesda, lost one of its finest physicians, VADM Joel T. Boone (Ret.). Burial was with full military honors on April 5 at Arlington National Cemetery. The widow of the deceased made request that expressions of sympathy, if desired be in the form of donations to the National Presbyterian Church; Mercersburg Academy; Pennsylvania, Hahnemann Medical College, Philadelphia, or each donor's favorite charity.

The Surgeon General of the United States Navy, VADM D. L. Custis, in making the announcement of death, said, "This gentle man, whose distinguished service to the Navy and the Nation earned the respect and admiration of every American, will be sorely missed by all of us."

Hail & Farewell

UNITED REPORTING

From Naval Hospital Corps School, San Diego, CA: David McCullough, Charles Green, Thomas Paradis, Ernesto Andres, John Holmes, Henry Reed, Herbert Sadler, Brian Burn, Stephen Vayto, Daniel Case and Vernon Braxton.

From Naval Hospital Corps School, Great Lakes, Ill.: HVA Lorna Klingenberg, Suzette Hahnemann, Nola Proper, Marjorie Weeks and Jeanne Pridell.

From Naval Dental Center, Naval Station, San Diego, CA: DA Howard Ogaard.

UNITED DETACHMENT

From Fleet Marine Service School, Camp Pendleton, CA: HVA Charles Pace, William H. H. Jr., Roy Almon and Jose Gonzalez. HM2 Harlan Roney, HAs Kenneth Compton and Enoch Corvino.

ENS Hart Wears Special Services Hat



ENS Gene David Hart has taken the seat recently vacated by LT D. D. Thorson in the Special Services Office, 2nd floor, building 38. He reported aboard with an enthusiasm for learning the job, and on June 2 will attend a Special Services 3-week seminar in Long Beach, Ca. The administrative duties he has assumed have an extensive outreach that not only requires expertise in coordinating recreation and entertainment, cooperating with local civic groups and sponsoring special events, but the position requires a working understanding of nonappropriated funding.

ENS Hart holds the Naval Reserve Meritorious Service Medal, the Armed Forces Reserve Medal and the National Defense Medal. He has seen duty aboard the USS Watts, at NAS Lemoore; Newport, R.I. and Bethesda, Md.

He claims Aberdeen, Wash., as his permanent residence. His wife, Brenda, and two children, Gina,

Doctor and Pharmacist Arrive for Observership



LCDR TRAN BINH CHI muses over a slang expression heard in a ward.

LCDR Tran Binh Chi (pronounced Chee), of the Republic of Vietnam Navy, age 32, is aboard on an observership in Urology Service, but it is not his first professional visit to the United States. In 1971-72 he completed his first tour at Naval Hospital, San Diego. When he returns to his country as Chief of Surgery of Saigon Naval Hospital he hopes to take back extensive knowledge of newer methods and equipment, gained in the 26 weeks he will be aboard.

Doctor Chi in his country was decorated with the Gallantry Cross with Bronze Star, the Navy Service Honor Medal and the Armed Forces Honor Medal. He speaks French and has a fluent command of English. Tennis and swimming are hobbies, he is of Buddhist faith.

Doctor Chi's wife is a physician also, in General Practice with the Ministry of Education of Vietnam. They have two boys, ages one and three.

age 9, and Sean, age 3, will arrive in early May to establish a home in the Bay Area.

Photography, the guitar and rock music, whether folk, acid or pop, are ENS Hart's hobbies.

Born at . . .

Naval Regional Medical Center Oakland
 on March 22, 1974 Jennifer Rebekah Beard, 9 pound daughter of Rochelle and HM2 Scott R. Beard on April 3 Jennifer Lynn Hahn, 7 pound, 7 ounce daughter of Phyllis and LCDR Delbert H. Hahn on April 5 Gregory Daniel Kaplowitz, 7 pound, 10 ounce son of Joan Roberta and LCDR Neil Kaplowitz on April 10 April Lynne Burns, 7 pound, 1 ounce daughter of Vicki Lynne and HVA Patrick Angus Burns on April 12 Christian Lee Pedrotti, 8 pound, 20 ounce son of Kyong Hui and HM2 Leonard L. Pedrotti

Eleven Make Honor List

Physical and Occupational Therapy technicians topping the De Anza College Dean's List for the winter quarter are 11 students from the PT/OT School:

HM2 George Mettee, HM3s Marston Beatty, John Jacobson, Jon Kempfer, Alan Olsen and Roy Trissel; HNs James Christensen, Arthur Davies, James Reisen, Leon Rouiller and David Terstegen.

Sharing an apartment with Doctor Chi in the Bay Area is LTJG Nguyen Si Phan (pronounced Fain), age 29, who is a Laboratory and Supply Officer of the Medical Branch of the Vietnam Navy. At NRMCO he is assigned presently to Outpatient Pharmacy.



LTJG NGUYEN SI PHAN reflects on new experiences in the United States.

LT Phan is single, but he did leave behind eight brothers and sisters whom he misses very much. Before he left home, LT Phan's mother devoted some time to educating her son in the art of cooking rice the Vietnamese way, but the Lieutenant confesses it just doesn't taste like mother's, even with fish sauce added.

LT Phan on his application stated that he speaks English "fair." In reality, those who know him agree he speaks the language exceedingly well, and with it has a sense of humor.

Pharmacist Phan says that swimming is a hobby. His faith is Buddhism.

Green Light Given On Early CSC Retirement

The Civil Service Commission has approved early optional retirement rights for the period May 1 to August 31, 1974, for Department of Defense civilian employees.

Employees at this command may retire, if they desire, because we are involved in a reduction-in-force. These retirements are voluntary on the part of the employee.

To qualify, the employee must be 50 years of age or older and have 20 years of service or have 25 years of service for retirement at any age. In cases where the employee has not reached age 55, the annuity will be reduced by 2 per cent a year.

Applications for voluntary retirement will be accepted by Beverly Keller, at Civilian Personnel Service, building 73, after May 1, 1974.



HN RICHARD JOHNSTON, a recent graduate from histology school, has earned his right to the designation Laboratory Technician.



LARRY RICE BELIEVES that there's a right way to perform even the smallest job, and that way is the RIGHT WAY. Larry recently transferred his custodial care duties from the Officers' Mess (Closed) to the second floor of building 38, and their loss happens to be Special Services' gain. Larry practices what he preaches when it comes to being thorough on the job.



HN JOSE GONZALEZ, an orthopedic technician graduate, receives congratulations from CAPT Woodstein, Chief of Orthopedics.

Who's Been Doing What . . .



TWO CORPSMEN exhibited quick judgment which saved the life of a patient who suddenly injured himself under convulsive seizure. HM1 Richard McElroy and HM3 Carlos Calvillo responded to the emergency with a high degree of professionalism, which earned the Navy "Well Done" commendation.



TRAITS OF THOROUGHNESS, meticulousness and reliability, plus dependability and trustworthy attributes, earned for HM3 Mark Byrne, Metabolic Research Technician, the commendation of the Commanding Officer.

Free USO Buffet Set Mother's Day

THE SAN FRANCISCO USO, 1019 Market Street, will celebrate Mother's Day on Sunday, May 12, with special entertainment and a free buffet. To make reservations call 621-0630.

Bits and Pieces

HM3 Terry Bethel is taking his reserve training at an opportune time for the photo lab. Just when they needed him most, Navy's ex-editor and photographer returned for a two weeks' stint.

Rose Tom, formerly in Supply Branch here, reports that everything is turning up rosey on her new job as Assistant Supervisor of the Supply Branch, Corps of Engineers, San Francisco.

A long shot paid off 50 whamos for Glenda Langston and Shirley McDaniel when Navy wives spent a day at the races.

It's a bucket of tears for Judith McKechnie, who lost a woman's ring in building 38. The ring has much sentimental value; so if Navy Academy, class of '62, ring is found, telephone 530-8137 will reach a grateful owner. Her husband's ring is pictured. Judith's is identical except for size, and the center stone is a diamond with six diamond chips surrounding it.



A favorite secretary of Nursing Service, Mrs. Stella Bush, for National Secretaries' Week received a tribute of flowers in a cup and saucer. Ordinarily she doesn't drink coffee or take time for coffee breaks, but Secretary's Day, April 25, was an exception; she drank a cuppa posies.

Claire Cepollina, on a flying wild trip of South America with her husband, Frank, writes from Colombia, "Bogata very busy and wild today electing a new president." The trip so far has given forth with grand weather in Panama, 88 degrees.

The female German shepherd dog, Jolly, may be famous for sniffing out marijuana, but she's also pretty effective in sniffing out black and white rabbits too.

We'd like to print all the wonderful words contained in HM2 Sam Tobias' Letter of Commendation, but he has been featured so much on these pages recently, let's all just join in wishing him well as he detaches for the USS ORISKANY.

Information you could live without: On the April 19 computer printout of enlisted men aboard, the Smiths lead in numbers. Aboard we have 15 Smiths, 8 Williams, 8 Wilsons, 5 Jacksons, 5 Gonzales and 5 Jones.

Gasping for breath? You may want to join G.A.S.P. [Group Against Smoking Pollution]. They take a stand for clean indoor air and ballyhoo their belief that "smoking should be limited to consenting adults, in private." New Berkeley phone number is 845-7480.

LAB Tech Makes Sailor of the Month



Hospital Corpsman Third Class John R. Shipes is on his first enlistment in the United States Navy, and midway his tour of duty he has earned for himself recognition as Sailor of the Month for March. "I've got a good deal out of the Navy so far," is a direct quote from this technician who works in the histopathology laboratory. His work in the Laboratory Service has been of exceptional quality and quantity.

John hails from Mexia, Tex., and has two years of junior college at Corsicana, Tex., behind him. He can envision himself completing his education probably at the University of Texas, taking business and psychology.

His wife, Sarah, works for the Aetna Life Insurance Company, San Leandro, and it was not learned whether she shares in her husband's enthusiasm for drag racing. Racing a '70 Ford Torino, John won two trophies. He also likes to bowl.

Movie Schedule

Friday, May 3
YOUR THREE MINUTES ARE UP—Ben Bridges, Ron Liebman—Comedy (R)
Saturday, May 4
SHOWDOWN—Dean Martin, Rock Hudson—Western (PG)
Sunday, May 5
AND HOPE TO DIE—Robert Ryan, Massari—Drama (PG)
Monday, May 6
THE MECHANIC—Charles Bronson, Michael Vincent—Drama (PG)
Tuesday, May 7
MAGNUM FORCE—Clint Eastwood, Holbrook—Action Adventure (R)
Wednesday, May 8
JONATHAN LIVINGSTON SEA GULL—James Franciscus (voice), Neil Diamond (songs)—Fantasy-Allegory (G)
Thursday, May 9
SERPICO—Al Pacino, John Randolph—Police Drama (R)
Friday, May 10
HURRY UP OR I'LL BE THIRTY—Lefkowitz—Comedy Drama (R)
Saturday, May 11
INNOCENT BYSTANDERS—Stanley Baker, Geraldine Chaplin—Spy Thriller (PG)
Sunday, May 12
BLACULA—William Marshall, Vernetta Lee—Horror (PG)
Monday, May 13
NEVER GIVE A SUCKER AN EVEN BREAK—W. C. Fields, Georgia Jean—B&W Classic (None)
Tuesday, May 14
ROBIN HOOD—Voices of Brian Bedford and Peter Ustinov—Animated Cartoon
Wednesday, May 15
THE NEW LAND—Max Von Sydow, Ullmann—Drama (PG)
Thursday, May 16
HELL UP IN HARLEM—Fred Williamson—Action Drama (R)
Friday, May 17
ONE LITTLE INDIAN—James Garner, Mills—Western (G)

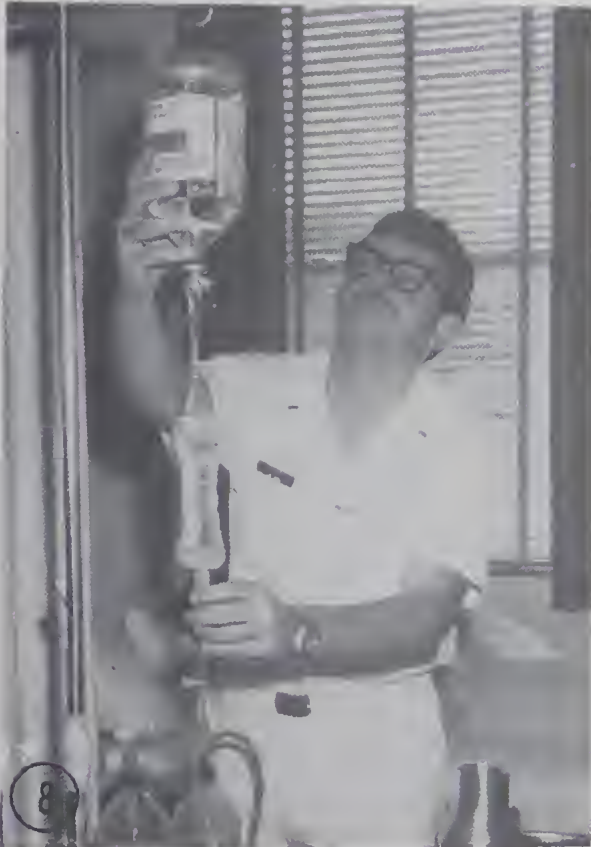
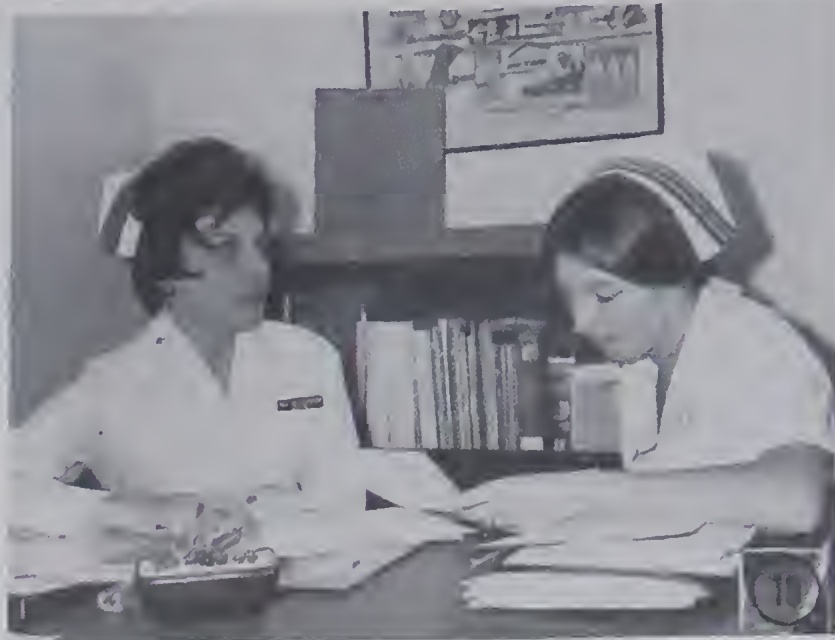
S ANNIVERSARY

historical heritage,
its founding,
shaping the future

pensary, provides diverse requisites
ng the gamut of assessing patient
providing care, or teaching staff and
ts Nurses, daily, are challenged in
ting, maintaining and restoring the
of the military family.
mon goals are reflected as each in-
al, from Ensign to Commander,

IS Nurses.
ical nurses
al stations.

strives for excellence in patient care whether
functioning in a primary role of staff nurse,
charge nurse, supervisor, educator, con-
sultant, assistant chief or chief nurse.
Continued interest in patient care and
professional competence provide stimulation
for growth within the environment of Navy
nursing.



(6) LTJG LESLIE OLIVERIA and ENS PAT RANDALL have a lot in common in that both view psychiatric nursing as one area of nursing which requires inclusion of the patient as a key to success. The planning of patient care, communications and interpersonal relationships and the knowing of their patients and staff are the important tools they use in providing proper care in the psychiatric environment.

Both nurses entered the Navy from nursing programs in Arizona. They have plans for further experience in the area of psychiatric care.

(7) LTJG BARBARA KANE, charge nurse on Ward 9-South, entered the Navy after several years of civilian nursing, looking for a change of pace. A varied experience has become reality through Barb's role on her ward. She is co-chairman of the Junior Nurse Council and anticipates augmentation to the regular Navy and overseas duty.

(8) ENS CARL LEWIS recently reported after completion of Officer's Indoctrination School (OIS). He has found that skill development and reenforcement are vital accomplishments for the new Nurse Corps officer. Carl looks forward to further experience, assignment overseas (hopefully to Japan) and completion of a degree in nursing.

(9) ENS CAROL RUMMELHART, staff nurse, obstetrics, holds fond memories of OIS and the University of Iowa candidate program. Carol is gaining good background for graduate work in maternal and child health while providing patient care in a highly specialized area.

(10) LCDR RUTH WAHLSTROM (left), 8th floor supervisor, recently received a Letter of Commendation for outstanding contributions as charge nurse on neurosurgery. Although neurosurgery is her "first love," Miss Wahlstrom has capitalized on her vast experiences; she demonstrates clinical expertise in nursing and a sincere commitment to staff development and understanding. Her belief in personal growth is practiced at work as well as in her off-duty pursuit of a degree in psychology.

LT JACKIE KLEIN (right) shares educational endeavors with her supervisor. Jackie, a familiar face around the hospital through her former role as night supervisor, now heads up the nursing staff on Ward 8-West.

(11) CDR VERA HARRIS' keen awareness to patient and staff needs has enhanced her 18 years of Navy nursing. Four years have been at NRMCO. As Outpatient Supervisor, CDR Harris practices her philosophy of "Know your people, develop them and create an environment which stimulates learning."

Admired by her peers and subordinates, CDR Harris is never too busy to respond to an individual's need, as demonstrated in an impromptu teaching session with HN S. Newell.

HM2 Tim Town



Sports Shorts



12ND "B" 1974 BOWLING CHAMPS are R. Kaib (top bowler), R. Brown, R. Banez, W. Murphy, G. Bryan (team captain), M. Coleman and M. Mendenhall.

Kersplash Is A Canoe No-No

You'll never be caught with your canoe tipped, if you enroll in the American Red Cross Tip-A-Canoe course which will kick off at the base pool on Monday, May 13, at 7 p.m.

All staff personnel and their adult dependents are eligible to take the course. The initial indoor introduction amounts to a qualifying test of ability to stay afloat in the pool for 10 minutes. Certification is won after a series of lessons by qualified instructors on Lakes Merritt, Chabot or Lafayette.

For an enthusiastic education on the joys of canoeing and a full explanation of what is involved in the course, call Mrs. E. J. VanderMeer, telephone 582-6898. CAPT H. S. Samuels, Dental Service, is a canoeist who can fill you in on riding the wild rapids.

Five Spend Time At San Quentin

The headline is the truth; it's not yellow journalism. Five of our personnel from Operating Management Service did put in a day at San Quentin; however, they were not incarcerated.

HAS Tony Adolfo, Dave DeGher, Onan Harvey, Mar Hernandez and Mike Williams toured the prison, observed a demonstration on crowd control and attended classes on cell body search.

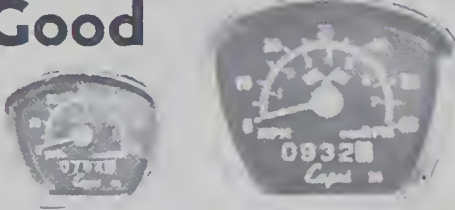
During the past week, Commanding Officer was given a demonstration on prehension update when Detec Dick Foster brought his fam dog Jolly aboard. Jolly did marijuana, and right in the miral's chambers! No char were preferred on Jolly's "fine" because the grass had been plan to prove how effectively a tra canine can use his sense of smell to track down the offending he plant.

Rifle Championship Match Event is scheduled for 8 a June 8, at the Richmond Rod Gun Club, 3155 Goodrich Avenue, Richmond, Ca. See Ron Brown, Athletic Director, for details.

Skeet and Trap Championships This 12ND event is set for June 5 and 6, at the Naval Air Station, Alameda. Skeet and Trap Range Squadding for participants will be at 7:30 a.m. Ron Brown, ext 255.

HONOR THY FATHER AND THY MOTHER and do not borrow the family car.

CO Off To a Good



S-T-A-R-T

A turn of the wheels... another turn... and another yet! Miles are added.

Steadily RADM Ralph E. Faucett, Commanding Officer of Naval Medical Center Oakland, despite time away for business trips, has been pushing his bicycle odometer forward.

At last he qualifies to become a member of the 1,000 miles, 1,000 points Cycling Club, under the U.S. Navy's Health Fitness Program. An award from the President's Council on Physical Fitness and Sports will be presented to him by the Commandant of the 12th Naval District, RADM Martin D. Carmody.

Sir, pardon us, but just a reminder. Sir, 'er, no comparisons intended, but you're just 3,083 miles short of catching up with the record held by HMCS Paul Lightfoot. As of April 29th, that is, when his odometer read 4,200.



The next issue of THE OAK LEAF will be May 31, 1974.

VALID REFERRALS SOUGHT

The Navy is looking for quality people and you can be a talent scout. If you know someone who has what it takes to serve in the New Navy, then make an in-house referral.

You can help him and the Navy by mailing the coupon below or dropping it off at your local Navy Recruiter's office.

THE NEW NAVY, Federal Building
1515 Clay St., Oakland, CA 94612
Here's a "star" who can be a credit to the New Navy:

nrmc

Name:

Address:

Age: Phone:

Remarks:

Recommended by:
(Name, address and phone)

Fresh and Potted Plants at Exchange



Mary Lingenfelter holds a small plant taken from the flower mart at the Navy Exchange. The exchange is now stocking fresh cut flowers—carnations, roses, daisies and so forth—ranging from 75 cents to \$1.75.

Also, there are two carts of potted and hanging plants from which to make selection. Included are piggy backs, spider plants, African violets, rubber plants, ferns and philodendrons, ranging from \$1.50 to \$5.00.

Future plans are to stock decorative planters and gift items of the boutique type. No need to miss a birthday or anniversary remembrance, and with full access as close as building 3A, you should take only a few minutes to pick up a posie for a patient.

IF YOU HAVE ever given anyone a Power of Attorney, it may be in effect still unless limited to specific duty or time. Better check on it.

The OAK LEAF

NAVAL MEDICAL CENTER, OAKLAND

Vol. 36, No. 19

Friday, May 31, 1974



See Ya' At The Races!



(U.S. Navy Photo)

Navy Relief Drive Day at the races is June 6, and RADM Martin D. Carmody's choice is the dark-haired filly on his right, Julie Maule, Special Events Director for Golden Gate Fields Race Track.

Julie delivered 200 tickets to the Turf Club (reserved for Navy men and women in support of the ongoing Navy Relief Drive) to the Commandant of the Twelfth Naval District. He's placing bets that June 6 will be a day in which the Navy Relief Society will win for sure—no handicaps needed.

State Fair Spotlights Military

The California State Fair Association is looking for Navy military personnel who can perform demonstrations in the following:

Bag pipes, banjo playing, boatswain pipe, cartoon drawing, checkers, chess, fly casting, judo and karate, semaphore signaling, weather demonstration.

The State Fair takes place in Sacramento, August 23 to September 8. There is enough time for Judo Club experts and other talented folk to practice for a big show off!

Interested? Telephone 273-7054, Jean Johnston, Public Affairs Officer, Navy Recruiting District, Oakland, or Special Services, ext. 2479.

For members of the Armed Services, every day will be "Armed Forces Day." As has been the case in past years, all military personnel in uniform will be admitted free to the State Fair on any day. Personnel not in uniform who have their green active duty cards also will be admitted free.

Cigs Up—

GRAB THE CRYING TOWEL

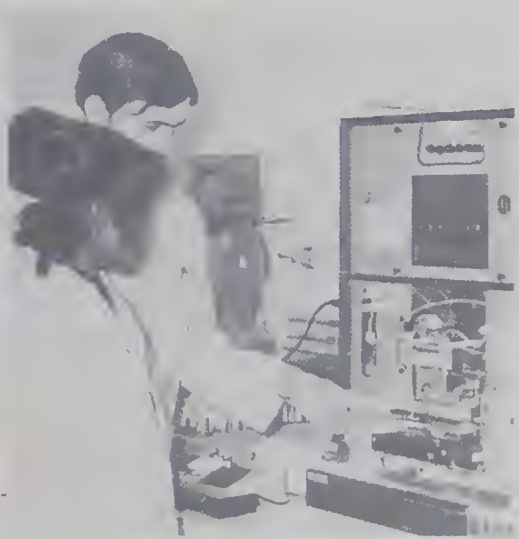
The price of cigarettes at Navy exchanges worldwide will go up by 30 cents per carton, effective June 26, 1974. The announcement, made today by the Navy Resale System Office (NAVRESO), was triggered by a cost price increase from major tobacco companies for both military and commercial stores.

NAVRESO said that the increase will also help defray some of the higher operating costs at Navy exchanges as a result of the recently enacted minimum wage

law. It is estimated that implementation of the new minimum wage and its resulting ripple effect throughout the exchange wage structure will add \$6.6 million to Navy exchange labor costs for the remainder of this year.

Exchanges absorbed a smaller manufacturer's increase earlier this year; however, the size of the new increase plus the escalating costs of operation make it impossible for the exchanges to absorb this latest increase.

NMCO Takes Part In Career Cluster Program



WHILE UP IN LABORATORY, HM2 Warrington Richards discusses with another student, Narietta Wilson, the use of the Coulter Model "S" for complete blood counts in Hematology.

The Naval Medical Center Oakland for a period of 6 weeks extended its facilities to 16 students from McClymonds High School under a program known as the Career Cluster Program. Federally funded, the project, which was sponsored by the McClymonds High School, was designed to acquaint the students with the academic and professional training requirements needed to qualify them for specific health care occupations.

On a one-to-one counseling basis, the students observed professionals at work in providing health care to patients. In certain cases the students will receive scholastic credit for participation in the program, but most important the on-site observation was intended to strengthen motivations and aspirations of the high school students. The students in turn will be able to widen the understanding of fellow classmates concerning health care occupations.



CAREER CLUSTER Student William Levy observes HM2 Paulette Sauln fill a prescription for an unidentified patient.

Naval Regional Medical Center departments hosting the group were Dental, Inhalation Therapy, Neurology, Cardiology, Physical and Occupational Therapy, Food Management, Nursing, Pharmacy, Preventive Medicine, Laboratory, Animal Laboratory, Optometry, Naval Prosthetics Research Laboratory, Radiology, Central Supply Room and Patient Affairs.

Education Fund Aids Dependents

The Navy Relief Society Educational Fund is available for dependents of retired Navy and Marine Corps personnel who have 30 years active service or are retired physically.

Applications must be submitted prior to March 15 for the following school year and may be requested from Navy Relief Society, Room 1228, 801 N. Randolph St., Arlington, Va. 22203. Loans are based on need and generally limited to \$1,250 per year and for vocational or undergraduate education only.

NURSE REP ATTENDS OB&GYN CONVENTION

Mrs. Carrie M. McGathon, RN staff nurse, in Labor and Delivery, 8-East, on returning from the first National Convention of NaaCog and ACoog reports



that in many respects Naval Medical Center Oakland is quite advanced in the OB&GYN health care field. She attended the meeting held at Convention Center, Las Vegas, Nev., from April 29 to May 3. In attending the workshops and panel discussions she gained many new ideas and concepts applicable to nurses doing labor and delivery room and neonatal nursing.

Nurse McGathon requests that all personnel interested in becoming a member of the recently formed College of Obstetricians and Gynecologists should contact her at extension 2210.

A future district conference is scheduled for November 6 through 9 at Los Angeles, Ca.

New 8½ Percent Offered By NFCU

Navy Federal Credit Union's board of directors approved the issue of a new, short term Premium Investment Certificate (PIC) bearing interest at the rate of 8-1/2 per cent per annum for a minimum of \$10,000. The new certificates have a three month maturity. The offering is guaranteed only through June 30 and may be withdrawn after that date.

Although all NFCU members and personnel eligible for membership in NFCU may invest in the new PICs, the offering was designed primarily to provide a high-yield investment opportunity to replace the cancelled Uniformed Services Savings Deposit Program (USSDP). The latter program, which paid overseas personnel 10 per cent on their savings has been terminated and will pay no interest after June 30, 1974. However, savings withdrawn from the program at any time during June will earn the full 10 per cent for the entire month.

Eligible personnel can purchase PICs through NFCU offices or by writing Navy Federal Credit Union, Washington, D.C. 20360.

The Oak Leaf

NAVAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM R E. Faucett, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services
LT D. D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka

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THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Medical Center, Oakland, California 94627.

+ + Chaplain's Corner + +

"WE TRUST AS WE LOVE, AND WHERE WE LOVE. IF WE LOVE CHRIST MUCH, SURELY WE SHALL TRUST HIM MUCH."

—T. Brooks

Poets and theologians have, at times, equated trust and love. When we betray either trust or love the other must suffer. We have the ability to be trustworthy and lovable along with our need to trust and love. Christ is the worthy example for both; His proving ground for you is people.

LCDR E. P. WINTERFELD, CHC, USN



THE FAMILY OF LCDR KENNETH WAGNER shares his promotion day.

Movie Schedule

Saturday, June 1
LAST OF THE RED HOT LOVERS—Alan Arkin, Sally Kellerman—Comedy (PG)
Sunday, June 2
YOUNG WINSTON—Robert Shaw, Anne Bancroft—Historical Drama (PG)
Monday, June 3
VAMPIRE CIRCUS—Laurence Payne, Adrian Corri—Horror (PG)
Tuesday, June 4
THE HARRAD EXPERIMENT—James Whitmore, Tippi Hedren—Drama (R)
Wednesday, June 5
CINDERELLA LIBERTY—James Caan, Marsha Mason—Comedy Drama (R)

Thursday, June 6
THE MIDNIGHT MAN—Burt Lancaster, Susan Clark—Mystery (R)
Friday, June 7
STEELYARD BLUES—Peter Boyle, Jane Fonda—Comedy (PG)
Saturday, June 8
COUNTESS DRACULA—Ingrid Pitt, Nigel Green—Horror (PG)
Sunday, June 9
CORKY—Robert Blake, Charlotte Rampling—Drama (PG)
Monday, June 10
WATTSTAX—Musical Documentary (R)
Tuesday, June 11
SUGARLAND EXPRESS—Goldie Hawn, Ben Johnson—Drama (PG)

'... And Away We Go!'

War heroes haven't been much in vogue since peace settled in, at least not in most of the large metro areas. But the citizenry of Colfax, Ca., have a war hero and that "hero" likes very much his image at his home town.

When SGT Larry Charles, double amputee, ex-Vietnam Marine, was growing up he used to chop wood and shovel snow for the women in his small town "who didn't have anyone else to do it." Then he went to war and it became their turn to bestow maxi-attention upon him which they did. He received dozens and dozens of cookies and other treats, and the barrage of attention kept up the long years of 1969 and 1970 when he was first here at Naval Hospital recuperating from wounds and learning how to walk on his falsies.

Larry was back again at Medical Center in early May having a bit more shrapnel removed. But he showed yesterday's patience in his eagerness to get back to his new home in the woods, to his wife and 4-month-old son, his logging job driving a big bulldozer, and to the "nice little ladies of the town."

He picks them up, takes them shopping and to their own crafts project, and he gets the feeling that now they again need him. The fact that he studies and has earned an AA degree in law enforcement and is now studying real estate and keeping up seems to inspire them to keep busy too.

Whether in his hot rod or dune buggy, he stops for them, they hop in "And away we go. They like to feel the wind on their faces and in their hair."

Born at . . .

Staff babies born at

Naval Regional Medical Center Oakland on May 3, 1974, Robert William Dunn, 8 pound, 1 ounce son of Linda Margaret and HM2 William C. Dunn . . . on May 6, Johnathan Mark West, 7 pound, 13½ ounce son of Carol Ann and Jerry Dean West . . . on May 8, Amanda Elizabeth Wade, 6 pound, 10½ ounce daughter of Nancy Ellen and HN Philip G. Wade . . . on May 10, Thomas Andrew Syverud, 8 pound, 3 ounce son of Barbara Jean and LCDR James C. Syverud . . . on May 11, Michael Joseph Hulce, 8 pound, 2½ ounce son of Linda Lucille and HN3 Ronald J. Hulce . . . on May 11, Charles Daniel Williams, 8 pound, 21 ounce son of Catherine T. and HM2 Ronald R. Williams . . . on May 24, Cullen Gregory Dalton, 7 pound, 12½ ounce son of Anne Lavinia and LT John H. Dalton . . . on May 15, Phil-Patrick James Riley, 7 pound, 14 ounce son of Mary Alice and HM3 Terry R. Riley . . . on May 26, Carol Elizabeth Wang, 7 pound, 11 ounce daughter of Shirley M. and LT You Lue Wang

Ruiz Named Sailor of Month



HM2 WILLIAM V. RUIZ with his wife and daughter.

The Commendation, naming William Valencia Ruiz, Hospital Corpsman Second Class, Sailor of the Month for April reads:

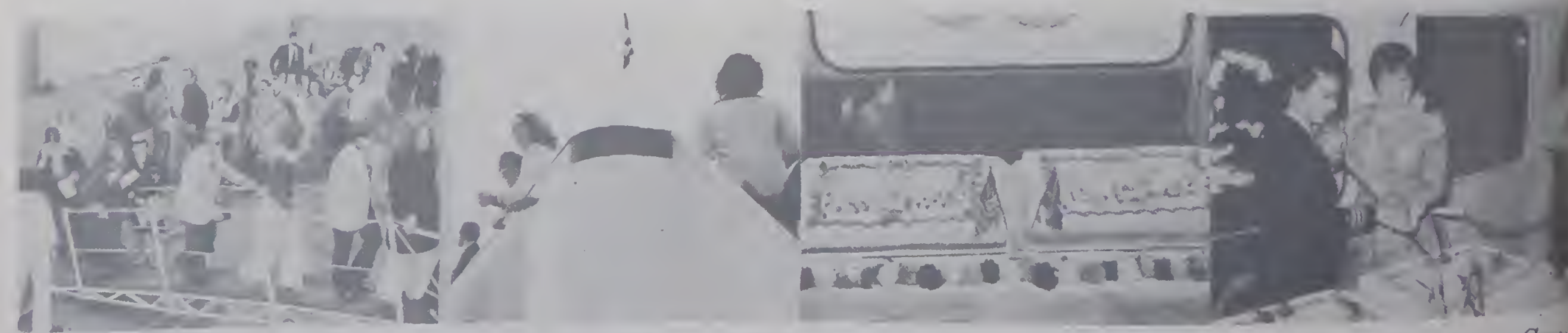
"Petty Officer Ruiz has exhibited a keen interest and desire to learn all required technical procedures demanded of him in the eye operating room while at the same time offering encouragement and assistance to other students to similarly perform to the best of their capabilities.

"With an academic background consisting of two years premedical college and two years of medical school in the Philippines, his increased sense of responsibility, maturity and acquired knowledge earned him, shortly after completion of his training, the enviable position of leading eye operating technician.

"... On his own time, he has developed and written a study guide for learning of surgical instruments and their uses and an instructional outline for clinic and operating room technician procedures. This guide has been of immeasurable help to new students on the Service."

Petty Officer Ruiz states that he has plans to return to the Philippines after his tour of duty to complete requirements for a medical degree.

ADVISE WITH your Credit Union FIRST before You, Too, become a credaholic.



AND SO IT WAS In The Year 1974 in the Month of May on the occasion of the 66th Navy Nurse Corps Anniversary that many goodly Homo sapiens from Naval Regional Medical Center Oakland put out to sea for the sole purpose (?) of cutting a birthday cake.

Preventive Medicine Service . . . At Your Service



HMCSP PAUL LIGHTFOOT holds the attention of students as he tests for water sanitation.



CAPT W. L. TIDWELL, reservist, professor from San Jose State University, selects references from the PMT School library.



HMC LEO THERRIEN demonstrates correct operation of industrial hygiene detection instruments.



HMC SID MALONSON conducts a field trip to the San Leandro sewage treatment plant.



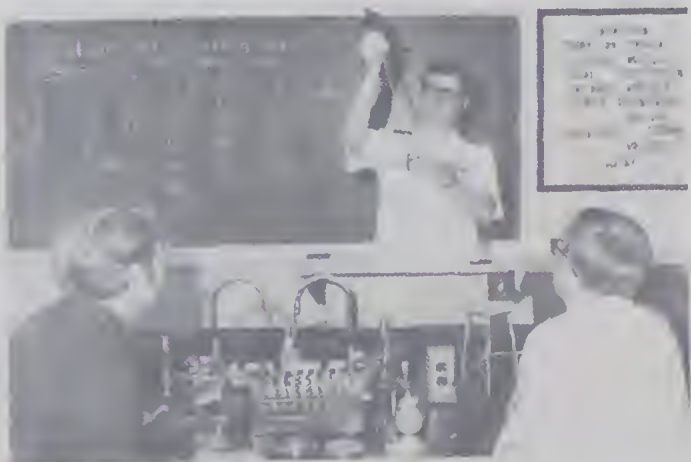
HMI HAROLD WIPPERMAN demonstrates a sanitation sampling technique for evaluating hospital cleanliness.



HMI JACK BREEZE teaches students live trapping techniques for rodent control.



THROUGH THESE DOORS go Mr. Anyman Technician with his family, ready to face up to protecting the health of all by preventive medicine services.



LCDR MIKE PARSONS gives a lesson in public health microbiology.



REVIEW BEFORE AN EXAM can be a sharing of knowledge, or a retreat to seclusion cram session.

Preventive Medicine

PMT School Branch

In January 1973 the Preventive Medicine Technician (PMT) School became one of the two branches of a new Preventive Medicine Service, Naval Regional Medical Center, Oakland.

Preventive Medicine Technicians are trained to find potential problems that may result in disease or injury. Each hazard has to be evaluated after it is identified. Those problems that present the greatest health hazard or threat to the ability of the command to carry out its mission must be given the greatest attention.

Many health hazards cannot be eliminated so the emphasis must be on finding ways to reduce the risk. For example, the industrial processes of a shipyard or aircraft rework facility require workers to use toxic materials and gases. The Preventive Medicine Technician is responsible for checking to see that the best preventive measures available are being used. Other examples of the coverage of investigation follow.

One of the areas of importance common to all commands is the safety of food and beverages. The Preventive Medicine Technician is trained to recognize potential hazards associated with their processing, transportation, storage, preparation and serving.



LT JIM BLAYLOCK prepares a training aid on the "Chain of Infection" to supplement an epidemiology lecture.

Most of us, because of modern engineering, take for granted the safety of our water supplies. The Preventive Medicine Technician performs routine tests on water to assist the engineer in identifying contamination problems at the source of supply before people get ill.

Rodents and insects are controlled by Preventive Medicine Technicians at many commands. In shore activities which have this service provided by public works personnel the Preventive Medicine Technician is responsible for inspecting the procedures used to ensure that hazards to humans are kept to a minimum.

The staff of Navy Disease Vector Ecology and Control Center, Alameda, provides the instruction and facilities for training in insect control.

Students of the PMT School become Rodent Control Quarantine Inspectors for the U.S. Public Health Service and help speed the quarantine clearance for Navy ships when they go in or out of United States territorial waters.

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Within hospitals Preventive Medicine Technicians must also be involved in Infection Surveillance and control of hospital infections.

They also interview and reportable diseases in the community. Community public health officials are a part of the job when an infection in the community is reported.

During outbreaks of disease, Preventive Medicine Technicians provide epidemiology training of the community. They become involved in discovering the source of the problem and further cases of illness.

Since 1951 the Preventive Medicine Technician School here



GRADUATION EXERCISES
his certificate in hand

Service . . . At Your Service

Operations Branch

Along with the training of future PMT's the Preventive Medicine Service also conducts a region-wide preventive medicine and environmental health program. This program is conducted by the Operations Branch which puts to practical use all the knowledge that the Preventive Medicine Technician has absorbed during his formal course of instruction.

"I visualize the Operations Branch to function very much like a local Health Department" said the Operations Officer, LT Robert Newquist. "Most municipalities have either a city, city-county, or county-wide health department which is tasked to provide public health services to the community." These services, which are very much a part of the Operations Branch, include insuring a safe water supply both for drinking purposes and water-contact sports purposes, adequate food protection from producer to consumer, a habitable and healthful environment. Concern is with adequate solid waste management and pest and disease vector control programs within the region.

In addition, the Operations Branch provides a communicable disease control program through such diverse efforts as contact follow-up and disease reporting activities, mass-immunization programs and case-finding. Education plays a very important part in all these activities. Much of our public health activity is accomplished using the two-edged sword of education and enforcement. Each has its proper place and only experience teaches which one might better serve the public interest.

The realities of early shipboard life have influenced the Naval service to recognize the value of a safe living environment. This concern for the health and welfare of its personnel is still very much in evidence. Preventive Medicine has been recognized as a much more effective long-term approach to a community's health. We live in a social as well as a physical world. Much of today's health deficiencies can be related to man-made problems which require an understanding of our total environment.

The comments provide a philosophical overview of our preventive medicine activities; but what do we really do? The photographs portray our staff functioning in their day-to-day activities.

LTJG Dave Dittman carries on an important function here at the Naval Medical Center as the designated Hospital Infection Surveillance Officer. Prevention and control of infections in hospitals, including infectious disease is a problem which is well recognized and is receiving ever greater attention by all concerned.

LTJG Dittman's responsibilities include the collection, logging, compilation and report distribution in regard to nosocomial or hospital acquired infections. In addition he supervises the hospital microbiological environmental monitoring program, determines infection sources, provides antibiotic utilization-resistance material, and monitors nursing procedures and techniques, as well as sterilization and disinfection methods used throughout the Medical Center. LTJG Dittman also assists the Infection Control Committee in determining nosocomial infections through composite laboratory reports utilizing automated data processing printouts. The Chief of the Preventive Medicine Service is

(Continued on page 6)



C. USN, is the Chief of Preventive Medicine Service, Operations Branch and the Preventive Medicine Technician (PMT) School. The Chief has been in this area for 17 years, and came to NRMCO previously served in this area as the Chief of the Preventive Medicine Research Unit One, and as the Chief of the Preventive Medicine Branch in Pleasonton with his wife.

been the only school in the Navy organized to train Preventive Medicine Technicians.

The PMT School has also trained officers and enlisted personnel of the U.S. Coast Guard, U.S. Air Force, Republic of China Navy, Republic of China Marine Corps, Republic of Korea Navy, Royal Thai Navy, Pakistan Navy and Republic of Vietnam Navy.

Since an agreement with Merritt College of Oakland, Ca., was signed in April 1972 the instructors of the PMT School have become non-salaried faculty of Merritt College so that all U.S. military personnel and civilian students attending classes can receive college credit.

Those who successfully complete all courses receive 32 semester credits and

(Continued on page 6)



so long a coming! The day when the technician takes the world to prove he knows the answers.



LT ROBERT NEWQUIST and HMC Oliver Peterson review plans for public health activities of the Operations Branch.



HMC JAMES SHELDON, resident PMT at NRMCO Branch Dispensary, Mare Island, Ca., collects insects for analysis from a light trap.

PMT School

(Continued from page 5)

fulfill all of the major subject requirements for an associate degree in environmental health technology.

Those students that do not have all of the credits required for an associate degree when they graduate from PMT School can make arrangements to complete the remaining courses at another college near their next duty station.

Currently there are four classes of 20-25 military students who receive the entire 22 weeks of instruction each year. Civilian students may enroll through Merritt College for specific courses or all the courses.

Until January 1973 personnel from the Preventive Medicine Technician School were assigned collateral or additional duty to provide preventive medicine services to the Naval Medical Center, Oakland.



HM2 ROGER HYNDMAN prepares water samples for laboratory analysis.



LTJG DAVE DITTMAN and HMI Warren Smith conduct microbiological environmental monitoring of physical therapy equipment.



HMI WARREN SMITH prepares a hypodermic jet injector for mass immunization of a flu vaccine.

Operations Branch

(Continued from page 5)

the Chairman of the Infection Control Committee here at the Medical Center, at meetings of the committee are held on a monthly basis.

The Operations Branch consists of the Operations Officer, LT Newquist; the Assistant Operations and Infection Surveillance Officer, LTJG Dittman; and a staff of nine Preventive Medicine Technicians. The technicians are located at the Medical Center and branch dispensaries throughout the region. HMC Orville Peterson heads the enlisted staff here at the Medical Center. He is assisted by HMIs Warren Smith and R. Sancet and HM2s Charles Jefferson, Roger Hyndman and Frank Merritt. The Operations Branch has resident PMTs at the Branch Dispensary, NAS Alameda, H. William Huffman; NWS Concord Dispensary, HMC Dick Felton and Mare Island Naval Shipyard Dispensary, HMC James Sheldon.

Preventive medicine services are provided at all other branch dispensaries and Naval activities in the region by the Medical Center PMT staff. We are the public health arm of the respective Senior Medical Officers and make it a point to keep each fully apprised of the environmental condition of his facility.



SAYING IT ALL, implying nothing.



HM2 CHARLES JEFFERSON and HM2 Franklin Merritt conduct a sanitation inspection at the Commissioned Officers' Mess (Closed). A sanitation awareness lesson is given to the Manager, ENS Jay Roberts.



H1MCM FRANK SHARIT discusses the significance of identifying parasites in humans.

Who's Been Doing What . . .



LTJG DIANE LAW, NC, receives an assist on promotion from Chief of Nursing, CDR Lee Peterson.



COMMENDATION FROM THE CO goes to HIN Charles F. Pace, Surgical Intensive Care Unit. He showed sensitivity to patients' needs' conscientiousness in completing assignments, and ability to function exceptionally well with minimum supervision in performing his work while on his tour of duty.



LTJG JAUNITA CAMPBELL, NC, receives a Letter of Appreciation.



HMI DONALD PATTON is frocked as Chief, and initiated.



LCDR CHARLES DEKREY, Branch Dispensary, NAS Alameda, receives a Letter of Commendation for outstanding performance while at Alameda. He is aboard as Chief of Patient Affairs.



RETIREMENT OF HMC JAMES D. LEWIS after 30 years plus is shared by Mrs. Lewis. Chief Lewis is from the Branch Dispensary, NAS Alameda.

Catching Up on Reenlistments, Retirements, Transfers, Promotions, Augmentations, Commendations, and Here and There Things



HM3 WILLIAM J. DECKER, JR., reupped for his first reenlistment. He works in Inhalation Therapy.



SWEARING-IN HONORS for the fourth reenlistment of HMC Samuel Elliot (right), NAS Alameda Dispensary, were performed by LT D. D. Thorson, the new administrative officer of that dispensary.



A SOLID 30 YEARS OF SERVICE is on the record for Bernard C. Alameida, Lesso Hubbard and Wilson Carter of Public Works; Willie Hall, Juroid Duval and Christine Williams of Food Service; Gus Matalas, Public Works, Luvenia Dean, Housekeeping and Roy C. Grimes of Supply. Twenty year length of service certificates were given to Elma Ellis, Nurse Service; Jane Murphy, Psychiatry Service; Clarence Jefferies, Food Service and Margaret Nielson, clinical Investigation Service.



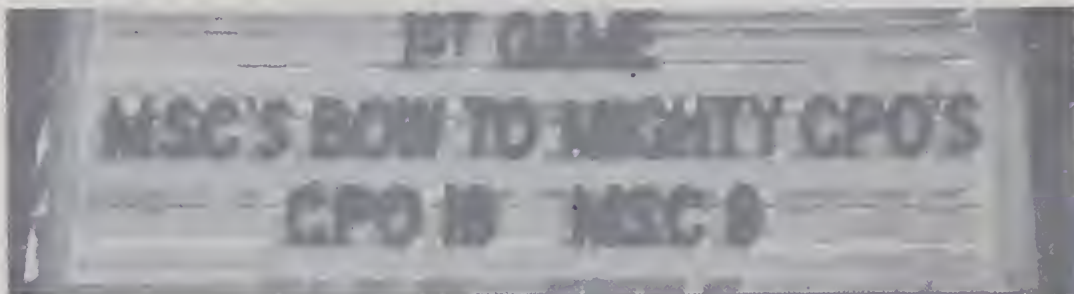
NEW LTJGs OF THE NURSE CORPS are A. Ledesma, C. Butcher and S. Perrault.



GRADUATES OF LABORATORY Technician Basic Class 7403 are (front row) HINs Olegariv Magam and Nathan Hudson, HM2 Charles Bittle, HM3 Rudolfo Deza, HINs Michael Skinner, Sonny Turner, Manuel Rodriguez and Jerry Doyle; (rear row) HM3 Thomas Dalton, HINs William Piscitelli and James Szabo, HA Duane Mattes, HINs Richard Johnston and Joseph Wissing.



PROMOTED TO LIEUTENANT: LT Victor Mall, MSC, LT Jerry West, MSC, and LT Brian O'Donnell, MSC.



ADVANCING TO HM1 [bottom to top] D. Krueger, R. J. Freet, Jr., W. V. Ruiz and C. W. Jefferson. ADVANCING TO HM2 [bottom to top] J. R. Easton, G. R. Gross, R. C. Hoffner, J. M. Jacobson and C. R. Phillips.

Bits and Pieces

Congratulations to Mrs. Katherine S. Taylor who is now officially carrying the title of Decedent Affairs Assistant. That office also takes care of all birth registrations. She hopes the sign will be changed to reflect "Birth Registrations and Decedent Affairs" so that new parents coming to the office feel a bit less misplaced.

HM2 Tim Town and HM2 Jim Henshaw and two civilians in a four-man open won a 250 meter straight canoe race on Lake Merritt against East Bay men and women champs. Tim and Jim did so much bragging about beating their instructor, after only nine lessons, that they are just about to get signed on as instructors themselves.

Two other persons from NMCO are shining in a different field, the world of fashion. LT Charles Cahoon, Inhalation Therapy, and Chief Sid Malonson, PMT instructor, will stroll down the fashion ramps at a style show coordinated by Tweet Coleman at NAS Alameda Officers' Club next Thursday, June 6. They will be modeling clothes from a local men's store, but basically the style show luncheon will feature fashions from the Navy Exchange.

With June bursting out all over there are probably many engagements blossoming, but one heard about is between Fran Litvinchuk, Secretary in Urology, and LT Theodore Francis O'Donnell, Intern in Dermatology. Aside from the hospital's part in bringing them together, Fran ascribes "Christian fellowship" as a bonding agent. Plans are tentatively set for September 7.



NIX THIS MIX!

Public Works CO Named

In an effort to improve public works services to the Navy and other military commands in the area, the new Public Works Center is scheduled to begin operations June.

CAPT Robert R. Raber scheduled to become the first commanding officer of the center on its commissioning, scheduled for June 3. His headquarters will be in building 796 at the Oakland Army Base.

The Public Works Department slated to merge are Naval Station Treasure Island, Navy Support Center, Oakland; Naval Station, Alameda; Naval Medical Center, Oakland; and U.S. Army Base, Oakland. The inclusion of Army activity marks the first consolidation of an activity outside the Navy Shore Establishment into a Public Works Center.

For Fun Things Keep A-Checking

It is not policy to advertise events, but sometimes notice received which gives hard enough time for bulletin board spotlighting.

An annual event, known as the Silverado Concours d'Elegance, has been termed "the best show of its kind in the country." Sunday, June 2, is the date if you wish take the whole family to a competitive display of classic and antique cars at the Silverado Country Club in the Napa Valley. More than 150 impeccably groomed cars from the early 1900s to 1942 will be brought from famous collections throughout the West Coast region. And your \$2 adult contribution and \$1 for children will benefit Children's Hospital Medical Center of Northern California.

Also, sounding like a bargain day trip is a San Francisco YWC one to the Grand Canyon for \$1. The dates are June 7 through 9.



ADVANCING TO HM3 [Row One] B. A. Black, DT3, G. D. Kundtz, DT3, F. L. Williams, C. Hodgson, DT3, C. Mitchell, L. Gorneman and D. Higgins. [Row Two] B. M. Cone, D. A. Myatt, B. Mumford, B. H. Butler, L. H. Rouillier, P. R. Terstegen, J. M. Abramowitz. [Row Three] W. V. Wann, E. X. Hall, J. Chmielinski, K. Watson, DT3, E. Moreno, Jr., J. L. Reisen and H. J. Ranney, VII.



ADVANCING TO HM3 [Row One] R. Arnoldi, R. Ericsen, T. Rosh, Wells, R. Hale and F. Morgan [DT3]. [Row Two] J. Christensen, Prosser, M. Armstrong, B. King, G. Schedek and B. Regner. [Row Three] A. Davies and T. Flaig.

The OAK LEAF

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

Vol. 36, No. 11

Friday, June 14, 1974



NRMCO High Gears For June Activities

Traditionally June is the month for weddings, and at Medical Center Oakland, it usually highlights graduation time for Interns. However, this year there is triple excitement. On June 22 the Hospital Corps Ball will be held, and on June 28 intern graduation occurs at 9 a.m., followed by a reception honoring the graduates. Then at 2 p.m., on the mall in front of the hospital, Change of Command ceremonies will take place with the Presidio 6th Army Band providing the ruffles and flourishes.

About two years previous, on July 31, 1972, a similar ceremony was enacted when RADM R. E. Faucett, MC, USN, relieved RADM H. P. Mahin, MC, USN. Admiral Faucett is now retiring. He was commissioned an Ensign in the Navy Reserve in August 1941 and has served his country in many important assignments since he was called to active duty as a Lieutenant Junior Grade in the Medical Corps of the U. S. Navy on January 16, 1943.

The new Commanding Officer of NRMCO is to be RADM Henry A. Sparks, also commissioned an Ensign in the Naval Reserve (HV-P) Program. In 1948, the year he received his medical degree, he transferred from the Reserves to the Regular Navy. In July 1966 he became Chief of the Medical Service at Naval Hospital, Oakland, so this will be his second tour at our facility. Many of the staff remember him well and speak of him in terms of highest praise.

The Wives— THEY CARE AND SHARE



THE OUTGOING OFFICERS of the Officers' Navy Wives' Club met on June 5 with the incoming slate to share, to instruct how to carry on, and to pass on tidbits gained throughout the preceding year while aboard the USS OAK KNOLL. Incoming officers for 1974-75 are Mary Anne Tirrell, president; Rachael Provencher, ways and means co-chairman; Betty Rolniak, Navy Exchange representative; Cheryl Colman, program co-chairman; Karen Wallin, treasurer; Marilyn Bodenbender, corresponding secretary; Norma Nill, reservation chairman; Jean Beckett, program co-chairman; Jeanette Pressgrove, publicity; Leslie Branham, ways and means co-chairman; Fritz McKenzie, parliamentarian; Lindsey Huurman, cookie chairman; [not pictured] Ellie Hogan, vice president; Donna Butcher, recording secretary; Marge Haley, Christmas wrap chairman; Diane Bliss, activities chairman; Kay Fitchett, advisor.

Two years here; maybe two there; a tour cut short, one extended.

A Navy man is not his own man; and a Navy wife better just get used to the idea of change; she dare not get too attached to a home, a locale, a view. All too well the Navy wife knows that tomorrow's view may be different.

And so the Navy wife learned long ago to jump in, right off, and be a part of the crowd. She doesn't wait to be invited to a church; she volunteers to teach or sing in the choir on arrival. The Navy wife doesn't really wait to get settled before she starts helping with Navy Relief, finds a bridge club for entertainment, or whatever.

It is not too hard when a wife comes aboard to find another who has had the same difficulties with delays in furniture arriving; who is looking for a good baby sitter; who knows of a good restaurant; who is interested in tennis; who is willing to take an Apache on a tour of the City.

To whom does the wife turn to find these ties that bind? The Navy Wives Clubs, which from base to base brings cohesiveness into military life.

It is Navy wife tradition TO CARE AND TO SHARE.

It is their club which recruits volunteers for pediatrics recreation, which makes Navy Relief layettes, which keeps tours

rolling taking Apache Project children for their views of the Bay Area. (Some 96 children with sponsors were taken on tours last year.) It is the hard working wives who provide ways and means to afford \$100 for Navy Relief, \$50 for KQED, \$40 for the Child Guidance Clinic, \$50 for tree planting on hospital grounds, \$50 for the JANGOs; \$50 for Soldiers, Sailors, Marines and Airmen's Club; and it is they, also, who provided the Day Care Center with two tricycles and an indoor slide, who presented high chairs, mobiles and craft items and toys to the Pediatrics Ward.

In the Navy tradition, last year was a care and share year. The new officers plan no less for 1974-75. In the Navy Tradition!



[Story on Page 5]

First Residents Move Into Officer Housing

The Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services,
Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka

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+ + Chaplain's Corner + +

A PRESCRIPTION

There is something impressive about a prescription. When we're ill or in pain and the doctor, after examining us, hands us that official slip of paper with usually some unknown, complicated, huge words scribbled on it, we somehow feel better. He assures us that the medicine should help. There is a sense of hope that maybe relief will now be in sight.

I suppose most of us on the staff of the Medical Center have seen various reactions of people to prescriptions—some hopeful, some rather dismal. But whatever—a prescription is meant for the good. It is written to help one on to better health, by providing the needed corrective or therapeutic agent(s).

May I share with you a little prescription written by someone unknown. This prescription too is meant for your good, your "inner" good. Like all prescriptions; however, it will only work if you follow the directions faithfully.

"For wrinkled brows try the well known cream SWEETNESS OF TEMPER. It tones up the facial muscles, reduces wrinkles, and is very uplifting. For the lips use the marvelous lipstick of SILENCE. It is particularly good for lips that have been distorted by uncharitable gossip. For lovely hands there's really only one preparation to use. It is called GENEROSITY. Get a large sized jar. For clear eyes faithful care with that tried and true prospective preparation MODESTY. For best results we recommend that you carry it with you wherever you go."

LTJG THOMAS S. BORKOWSKI, CHC, USNR

Patient Boosts Medical Center

If a patient is critical of our Medical Center, do we put it in the paper? Of course we do not!

When one says, "Your doctors, your nurses, your corpsmen—all have been absolutely swell to me, and I want to do something for the hospital," now that's a different story! Especially when it is said by such a pleasant person as Mr. Wiley Clapp, patient on 7-North, now retired for 38 years from serving in the U.S. Army from 1905 to 1936.

Mr. Clapp is the oldest amputee ever here. He is 86 and a mighty

peppy 86. He has excellent eyesight and entertains himself by reading Louis L'Amour westerns. A year ago "through sheer neglect," he says, the circulation in his left leg became so poor that gangrene made amputation below the knee necessary.

On his second trip to us and in learning how to better adjust to his artificial limb, he says the hospital has been so kind to him that he wants to do something in return. So he is having a 105 MM drill shell, 30 inches high and weighing about 43 pounds of solid brass, made into a lamp for presentation to the Center. He may use an old helmet for the shade.

Medical Center, Oakland, To Say Farewell To Gracious Navy Family



Since the arrival of RADM Ralph E. Faucett and Mrs. Faucett on July 31, 1972, there have been many complex and far-reaching changes made in the whole organizational framework of this facility. It is no longer a Naval hospital; it is now Naval Regional Medical Center Oakland, and its scope encompasses some 10,000 square miles from Stockton east to Treasure Island west and from Skaggs Island north to Moffett Field south.

The responsibilities of our Commanding Officer have included the phasing in of 10 dispensaries, many change overs in Public Works consolidation and a momentous volume of other major decisions. Throughout his tour of duty the Admiral has chosen to remain in the background, although during his administration this hospital was awarded the Meritorious Unit Commendation by the Secretary of the Navy.

Also, during his time here, Rear Admiral Faucett himself received the Legion of Merit, for which he received no recognition in these pages. Now, on the occasion of his retirement from 30 years of active service, we are belatedly running the picture taken on the occasion of his personal recognition by the United States Navy, as presented by the Commandant of the 12th Naval District.

Shall we make this a dedication to the parents of the two who gave them to us in the first place? Mrs. C. W. Faucett of Cambridge City, Indiana, and Mrs. Carl Carpenter of Perrysville, Indiana!



"THE LATEST FOR MEN!" says Chief Sid Malonson, as he presents LT Charles Cahoon in a caftan worn for dress or lounging. But then, the Chief is also modeling—a polyester casual, so comfy for whatever the weather. The two were in a fashion show, June 6, at NAS Alameda.

THE SHORT SHEET

SGLI Is Increased to \$20,000

The Servicemen's Group Life Insurance coverage for active duty military personnel has been increased from \$15,000 to \$20,000. All active duty personnel are automatically covered unless they decline or elect a lesser amount. Ready Reservists and National Guard personnel can also have up to \$20,000 insurance coverage full time so long as they perform at least 12 periods of inactive duty training a year.

Enlistment Age Is Amended.

Both males and females may enlist in the Armed Forces at age 17 with parental consent and at 18 without parental consent.

Lump Sum VRB Provisions Eased

Navy people who have reenlisted under the Variable Reenlistment Bonus (VRB) plan during this fiscal year and those considering reenlisting prior to July 1 will find more funds available for lump sum payments. Detailed information is contained in BUPERS Instruction 1133.18E of March 23, 1972, and BUPERSNOTE 1133 of April 18 (Navop 67).

Recruitment Is 100 Per Cent of Goal

The basic goal for regular Navy enlisted programs in March attained 100 per cent of basic goal. The goal was to recruit 6,340 men and women and 6,370 were recruited. The Recruiting Command has been assigned an add-on goal of 8,800 personnel to be attained during the remainder of fiscal year 1974 in addition to its monthly goals.

On the Bookshelf

The Making of a Psychiatrist. By David Viscott.

Caribbean, Bahamas and Bermuda 1973. Eugene Fodor, editor. Please Pass the Guilt. Rex Stout. Japan and East Asia. Eugene Fodor, editor.

The Football Playbook. (1972) Sam DeLuca.

Sexual Life Between Blacks and Whites, the Roots of Racism. Beth Day.

The Camerons. (A novel) Robert Crichton.

Who's Been Doing What . . .

Hail & Farewell

ENLISTED REPORTING:

From Naval Hospital Corps School, Great Lakes, Ill.: HN Avis Yi.

From Naval Hospital Corps School, San Diego: HIA Kelsey Fry.

From NARMC, Pensacola, Fla.: HM3 James Kellam.

ENLISTED DETACHED:

To Fleet Marine Service School, Camp Pendleton, Ca.: HNs Leon Spencer, Jr., Johan Bax, Stanley Dame and David Pegg; HM3 Richard Springmeyer.

To USS HOLLAND (AS-32): HM2 Richard Chaney.

To USS ORISKANY (CVA-34): HM2 Samuel Tobias.

To Third Marine Division, Fleet Marine Force, Pacific Area Command: HM2 John Dis, Jr.

To Naval Regional Medical Center, Yokosuka, Japan: HM3 William Decker, Jr.

To United States Naval Regional Medical Center, Guam: HM2 Richard McElroy.

Released to Inactive Duty: HN Mark Jonas and HM3 Mark Byrne.

Transferred to Fleet Reserve: HMC Cesar Arguello.

To USS KAMEHAMEHA: HN Larry Deason.

To USS SAN JOSE (AFS-7): HA Robert Cole, Jr.

To Naval Station, Adak, Alaska: HN Leslie Nelson.

To Student Hospital Corps School, San Diego: HM3 Michael Poile and HM2 Crispin Derosas.

To NRMCC, Camp Pendleton, CA.: HN Gail Heady.

To USS CORAL SEA (CVA 43): HM3 Robert Brown.

Discharge from United States Navy: HM2 Russell Wilson and HA Michele Sanchez.

Released to Inactive Duty: HM3s Donald Gregg, Paul Otheim, Michael Caldwell, Thomas McCawley, Carlos Rodriguez, Jr., Edmund Goodhue and Glenn Neumann, HNs Patrick Jasper and Richard Rozelle.

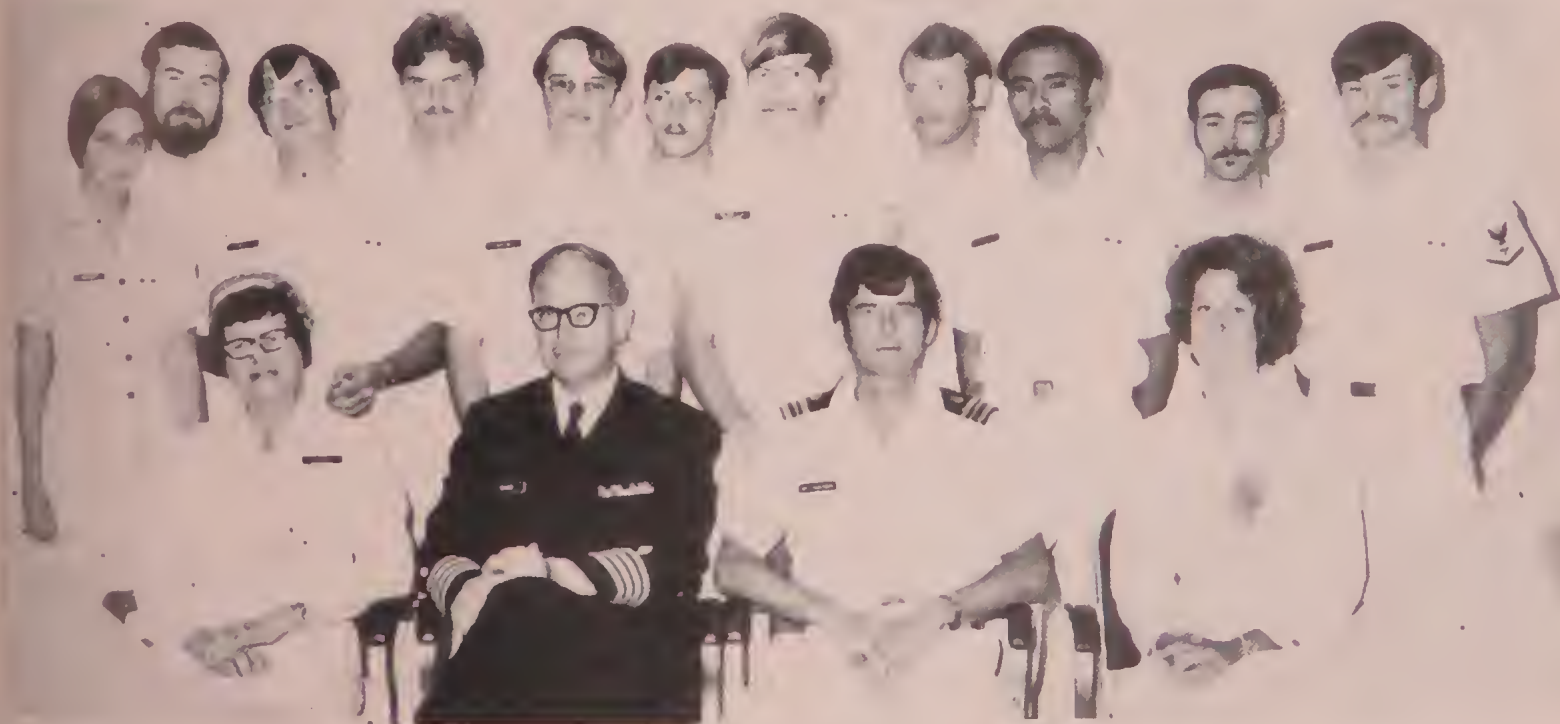


THE MILITARY ORDER OF THE PURPLE HEART, Chapter 23, Oakland, Ca., were the donors of an Olympic AM-FM, eight-track tape deck stereo presented to Warr 5-North. ENS Gene David Hart, Special Service officer, accepts the gift from John W. Simpson, Adjutant.

VETERANS WHO WERE discharged as much as 18 years ago could still be eligible for G.I. education benefits. Veterans Administration can provide details on certain benefits that do not expire until August 30, 1975.



THE HONOR SOCIETY of Winton Junior High School did it again—collected many, many magazines and books for distribution throughout the hospital. Eugene Quan and Anson Choy are upper decked by Karen Forrest, Amber Akre, Mrs. B. Hungerford, Mrs. M. Grant and Janice Vermillion.



OPERATING ROOM GRADUATES OF CLASS 7403 are HN Marie Giarniero, HN Bruce Eaton, HM3 Mike Kelly, HM3 Ronald Reed, HN Charles Winjum, HM3 Terry Walls, HN Craig Hilton, HM3 Robert Carter, HN Rolando Cruz, HIA Dallas Seaber and HM3 David Clark. Seated are instructors CDR Nancy Hatch, CAPT Richard Deaner, LCDR Pat Coleman, LCDR Virginia Pritchard.



LABORATORY TECHNICIAN CLASS 7404 (left to right) HN R. Boller, HM3 T. Parish, HN W. Parris, HN T. Toll, HN D. Burkett, HM2 D. Gaudet, HM3 D. Banko, HN N. Allen, HM3 E. Dobbs, HN J. Deleon, HN R. Wohlwend, HN A. Mundy, HM3 B. White, HN L. Nielsen, HM2 P. Healey.

Fire Feeds On Careless Deeds

JANGO Wins Scholarship



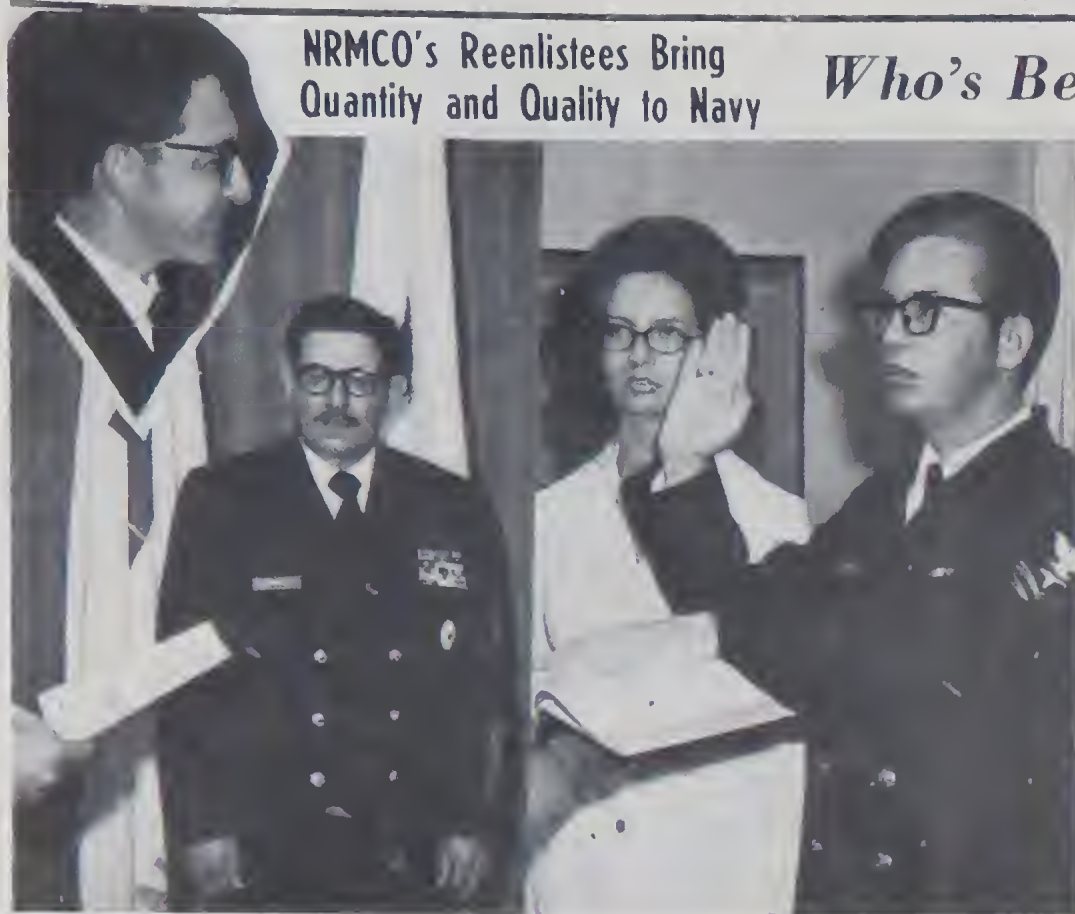
JANGO headquarters in Washington, D.C., has notified the Oakland JANGO Guild of the selection of Diana Chin as the recipient of a \$100 scholarship.

Diana joined the JANGO program in April class of 1970. She was chosen JANGO of the month twice for total number of hours worked. She was presented her 100 hour cap in September 1971. Her 500 hour chevron was presented her by CDR Lee Peterson, NC, in September 1973.

Future plans include college in the fall at the University of Jacksonville, Jacksonville, Fla., with a major in psychology preparatory toward a pre-med major. Diane has requested her JANGO membership to be transferred to the Jacksonville Guild. Best wishes follow her.

NRMCO's Reenlistees Bring Quantity and Quality to Navy

Who's Been Doing What . . .



Lookee, At New Nurse Lieutenants, Junior Grade! . . . 18 of Them



ON MAKING LTJG, Nurse Melanie Supan receives special services from CDR M. Belezos, Surgical Supervisor, and CDR L. Murasheff, Assistant Chief, Nursing Services.



[Standing] KAREN RONNE, DENISE TRUETT, Maryanne Williams, Nancy Wilson, Elizabeth Sumner, Barbara Morris, Carol Rummelhart, Gwyn Faber, Jane Stacknik; [Top Six] Clair Zeck, Rosemarie Lucero, Kathleen Drobinski, Karen Mason, Phyllis Studinski, Patricia Randall; [Bottom Two] Mary Skidmore, Kathleen Clifford.

Reenlistments

HMCB ROBERT BROWN reups for the fifth time. HMCS Paul Lightfoot [inset] is also on his fifth reenlistment; HM2 Stanley Mask, Branch Dispensary Skaggs Island, shares his first reenlistment with his wife.

Reenlistees

[NOT PICTURED]

HM2 CHARLES W. JEFFERSON reenlisted for his second tour. He works in the Operations Branch of Preventive Medicine Service.

HM2 FRANKLIN D. MERRITT reenlisted for a second. He is with Naval Supply Center Dispensary.

HM1 ROY D. R. SIAZON reenlisted for a third time. He works in X-Ray.

HM2 ANDREW ANDERSON, JR., reenlisted for six years, his first reenlistment. He is attached to the Branch Dispensary, Alameda.



LT CLAUDIA E. WEST receives Commendation and "Well Done" for greatly enhancing patient care in the Outpatient Department and especially in the Emergency Room and OB&GYN Clinic.

Bits and Pieces

Treasure Island's Officers' Wives' Club a while back did a beneficent act in the behind scenes quiet that should receive praiseworthy recognition here. The group contributed the generous sum of \$200 to Medical Center's Craft Project. It helps to buy clays, molds and ceramic firings for patients on the ward. The project is carried on each Thursday by Kaye Barnett, dedicated volunteer crew. Incidentally, Kaye, through the annual sale of her own pottery, has just added \$250 to the crafts funds. Marion Thompson, wife of Chaplain John T., helped out on those sales at an area shopping mall.

It's an AA Degree from Merritt College for Pat Bechthold. She celebrated by lazing for one week before flying into the orbit on packing. The family will have a month's visit, first in 6 years, back to Virginia. Then it's Taipei for them. And THE OAK LEAF will be looking for a new paper delivery gal for the hill.

Mrs. McLean, wife of our ex-CAPT Donald McLean, was caught on the fly, and that family too is ready to move. Dr. McLean will soon be trying out practice as a civilian doctor down Pacific Grove way. Before trucking off to Carmel, Mrs. McLean, a dish drainer under one arm, was helping son Tor get settled in his own apartment.

A community spirit was manifested this past winter by NMCO in permitting the swimming pool to be available for instruction of sixth graders from the Charles P. Howard School. On Fontaine Avenue across MacArthur, the school is on-limits for Navy children. A new brochure publicizes its new life for traditional values for those important elementary school years. Pool facilities during winter months were also used by Saint Elizabeth School and the Alameda County foster children.

Mrs. Donna Beard, who is out so frequently visiting patients on the 7th floor, has been slowed a little bit by two weeks in the hospital. Her good neighbor goodie pass-outs, along with her cheerful countenance, have been missed, but this rep from Mothers' Club #13 states that she has also been missing coming out, but hopes to be about in time for the Change of Command ceremony.



TO LCDR, ANDREW KIVES
Treasure Island

TO LCDR, THOMAS J.
LUTTENEGGER
Radiology Resident

P
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D

Look, Folks, That's My Mom



LTJG Victoria Monroe, NC, 9-South, holds a lengthy (24 column inch) article in her hand which appeared in the Oakland Tribune. The headline reads "Oakland Mother of Year Proud of All 11 Children." The mother is Mrs. Altred (Mae) Monroe, who believes that though children strive to do their own thing, they basically desire guidance of the adult.

Victoria, as one of those 11 children, was asked to reflect on some of the guidance received over the years from her mother, who has enough love to spare for four grandchildren and enough left over to continue serving in Girl Scout, Boy Scout and school and community endeavors.

Victoria says the philosophy her mother exudes is really as simple as the Golden Rule: "Treat people the way you would want to be treated." She also taught each to be self sufficient, but also to "Be a unit—stick together."

Is it any wonder that Victoria is proud of Mom?

Hail & Farewell

ENLISTED REPORTING.
From Naval Hospital Corps School, San Francisco: HNS Kelsey Fry, Craig Stacey, James Brown, Guy Fahnhorst, Rodrigo Avila, Jason, Wilson, Jr., Danilo Diego, Florentino, Emilio Brett Moore and Anthony Ort, HNS Thomas Boyd, John Medaxian, Craig Anderson and HNS Thomas Mobley.
From Naval Hospital NARMC Pensacola, Fla.: HM3 James Kellam.
From Naval Hospital Corps School, Great Lakes, Ill.: HNA Monti McKelvie.
From Naval Station, Pearl Harbor, Hawaii: HM1 Robert Wassam.
From Naval Medical Training Institute, San Diego, Calif.: HM3 William Rhetta III, HNA Shivers, HM2 Lawrence Oshea.
From Naval Station Argentina, Newfoundland: HM2 Henry Kulp.
From Naval Hospital Corpus Christi, Texas: HM1 Lotti Schroeder.

ENLISTED DETACHED.
From Fleet Marine Service School, Marine Corps Base Camp Pendleton, Calif.: HNA Michael.
From Naval Hospital, Orlando, Fla.: HNS Hurley.
From Naval Regional Medical Center, Jacksonville, Fla.: HNA Gary Berg.
From Naval Regional Medical Center, Portsmouth, N.H.: HM3 James Poppink.
Released to Inactive Duty in Naval Reserves: HM1 Mark Byrne, Charles Trotter, Jr., and HM1 James Jones. HNS John Hanson and Dennis Jones. HM2 Charles Oslund.

Moving Day, UGH!

On April 18, 1972, the first spade of dirt was turned for the 30 new units for the officer housing staggered on the hillside above the Officers' Mess (Closed).

The 18 four bedroom singular units and three two bedroom fourplexes, 12 units, are not yet completed in toto. CDR William Gill, Pediatrics, was the first to sign for the on base housing and he received his choice location. To avoid hardship, however, for officers who had been promised an earlier occupancy date and who had given notice, six families will be permitted to move into quarters ahead of completion.

First to receive a key were LCDR Michael Robert Kelly, of CIC, and his wife, Joan. Their new address is 4007 Santa Cruz, and they moved in with their three children, Brian, age 4; Kevin, 2; and Meghan, 4 months. On June 5, 1974, the movers started the unloading of 7,800 pounds of their household goods. Dr. Kelly stood by helping and directing placement. "Upstairs, west bedroom." "Leave in garage, please." Mrs. Kelly quickly decided where to place two area rugs, but she lined up all household plants and paintings for a later decision when she became occupied with directing the installation of a telephone. Meanwhile outside, Brian, in his spic and span blue checked trousers with the yellow and blue top, immediately made his way to the nearest big pile of dirt, not yet leveled by the busy operator of the machinery next door. It held his attention only long enough for him to get soiled, then he turned to his own array of toys being unloaded.

And that was moving day for Family One into officers' new quarters on the hill.

LCDR David Fluaharty of Public Works expects the final inspection on the \$4,371,729 housing project to be completed within the month. Mr. Don Rose of Housing Branch advises that all units have long ago been signed for, and it is the intention of the Housing Office to turn over keys as rapidly as units are completed.



PHARMACY SAYS farewell to LT Walter Ollenburg, MSC, released to inactive duty.

Who's Been Doing What ...



THE DESERVING NAVY WIFE is at last receiving her share of recognition. HMC Charles F. R. Johnston and his son and daughter read over the shoulder the Commendation received by Mrs. Johnston on the occasion of his transfer to the Fleet Reserve. As a Lab instructor, he will be missed.



HMC OLIVER EARLE PETER-SON, PMT Instructor, transferred to the Fleet Reserve after 20 years, 1 month, 12 days. He received Commendation for his superior abilities and service to the U. S. Navy.



NAVY COMMENDATION MEDAL goes to LCDR Michael C. Seelin of Branch Dispensary, Naval Supply Center, Oakland. He was Senior Medical Officer and Director of Industrial Health and Sanitation.



LCDR ALLEN CLAY, Treasure Island Dispensary, LCDR Richard Komorowski, Pathology, LCDR Germain Rupp, Allergy Clinic, and LCDR Lloyd Langston, Otorhinolaryngology, were recently released to inactive duty.

Born at ...

Staff babies born at Naval Regional Medical Center, Oakland, on May 10, 1974. Theresa Marie Thompson, 5 pound 15 ounce daughter of Ramona Theresa and LT David Herron Thompson on May 22. Earl Kenneth Mack, 4 pound, 8 ounce son of Frances Elaine and LT Earl K. Mack, Jr. on June 1. Christina Marie Phillippe, 9 pound, 7 ounce daughter of Shirley A. and HM3 James L. Phillippe on June 2. William Huckins Allen, 8 pound, 4 ounce son of Mary N. and LT Robert L. Allen on June 4. Paul Joseph Brasseur, 8 pound, 21 ounce son of Linda Marie and HM2 James W. Brasseur on June 6. Elizabeth Solano Pura, 7 pound, 8 ounce daughter of Rosario S. and HM1 Raymundo F. Pura.

Movie Schedule

Friday, June 14
THE GREAT WALTZ—Horst Bucholz, Mary Costa—Musical (G)
Saturday, June 15
SHAFT'S BIG SCORE—Richard Roundtree, Moses Gunn—Adventure Drama (R)
Sunday, June 16
PLAY IT AGAIN—SAM—Woody Allen, Diane Keaton—Comedy (PG)
Monday, June 17
THE GRISSOM GANG—Kim Darby, Scott Wilson—Action Drama (R)
Tuesday, June 18
ALL THE WAY BOYS—Terrence Hill, Bud Spencer—Action Drama (PG)
Wednesday, June 19
DAY FOR NIGHT—Francois Truffaut, Jacqueline Bisset—Comedy (PG)
Thursday, June 20
FANTASTIC PLANET—Jennifer Drake, Sylvie Lenoir—Animated Cartoon (PG)
Friday, June 21
SSSSSSSSSS—Strother Martin, Dirk Benedict—Horror (PG)
Saturday, June 22
TRINITY IS STILL MY NAME—Terrence Hill, Bud Spencer—Western (PG)
Sunday, June 23
AVANTI!—Jack Lemmon, Juliet Mills—Comedy (R)
Monday, June 24
ASYLUM—Peter Cushing, Patrick Magee—Horror (PG)
Tuesday, June 25
DEADLY CHINA DOLL—Angela Mao, Carter Huang—Action Melodrama (R)
Wednesday, June 26
MADHOUSE—Vincent Price, Peter Cushing—Horror Drama (PG)
Thursday, June 27
NIGHTMARE HONEYMOON—Dack Rambo, Rebecca Dianna Smith—Drama (R)
Friday, June 28
EMPEROR OF THE NORTH POLE—Lee Marvin, Ernest Borgnine—Action Drama (PG)
Saturday, June 29
LADY CAROLINE LAMB—Sarah Miles, John Finch—Historical Drama (PG)

Sports Shorts

Scuba Diving Course Begins June 25

A new course in scuba diving will begin at the base pool on Tuesday, June 25, and will continue two lessons a week, from 6 to 9 p.m., for 5 weeks. Course charge is \$55 with an additional fee of \$9.00 for ocean checkout trips at the end of the course.

If scuba diving is your thing, sign up early as classes will be limited.

Sponsors of the lessons are LT Gary Sawdy and LT R. J. Harris, building 67A, dental annex. Phone LT Harris, ext. 2291, for registration.



WHICH WAY TO THE OCEAN! This scuba group, 'caught at waterplay' at the base pool, is ready for serious deep water checkout. There're 14 persons completing the current class. Shown neck deep in the water are HN John Cantu and HA Joe Jackson; HA Mike Stafford, DN Rey Lozano, DN John Howell and LT Mike Johnson are standing and sending a few 'splashes toward LT Mike Skurja.



COULD OAK KNOLL TALK, it might quote from Byron's "Childe Harold, "I am not now That which I have been." The 1934 photo above was furnished by CAPT Forest M. Johnston of Piedmont, Ca. Viewed 40 years later, through a fence, from the same vantage point on Fontaine Avenue, the landscape is now freeway, many buildings and 30 new units of officers' housing.



More

Bits and Pieces

A Mrs. P. M. Holbrook from So. Pablo, Ca., has asked to "subscribe" to the OAK LEAF, stating that she could not get her hands on one quick enough while in the hospital recently. To get on the mailing list requires only a written request. There is a requirement that the list be updated annually. Some 50 additional copies have been requested this year. Fifteen hundred copies are printed, and some 470 are mailed biweekly.

Mrs. Ella Rose is proof positive that wheelchair and advanced age do not incapacitation make. She is still seen in her Red Cross uniform wheeling about the ward, passing out cookies to the patients.

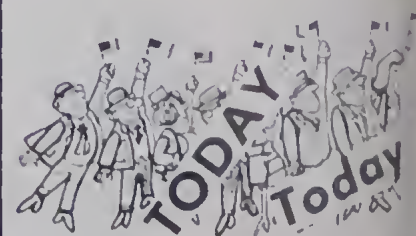
Mrs. Rose is not the only dedicated citizen serving the Red Cross who finds age no handicap. Mrs. Maria Ninnis, residing in the Spring Hill Manor Convalescent Home in Grass Valley, is a quilter who recently sent some dozen afghans to the Center. The daughter who delivered the boxes of woollens to the Red Cross said Maria's needles fly so fast she is kept busy bringing in yarns to keep her occupied.

RADM R. E. Faucett was court-martialed the other evening by the Nurse Corps for various crimes and misdemeanors, but the very fact he was out for an evening of entertainment is per se evidence that he is improving from a recent break of his clavicle and three ribs. The Admiral was on the last lap of a 5-mile bike run when his wife heard a shattering noise outside and found that the Admiral had been downed by a flying piece of wood.

Mrs. Faucett says she is really looking forward to her husband's retirement. They plan to start things for a while and travel a bit before eventually deciding where they will land or on their future course of action.

The authority on dining is Howard Young, editor of Diner's Choice and Diner's Place Magazine, informed the Officers' Wives' Club that in the restaurant biz only one out of five make it their first year, and only one out of the next five make it to their fifth year of operation.

Wave Your Flag



Today

On June 14...

Flag Day

Change of Command Change of Command Change of Command
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 Command Change of Command Change of Command Change

The OAK LEAF



Vol. 36 No. 12

NAVAL REGIONAL MEDICAL CENTER OAKLAND

Friday June 28 1974



NRMCO Has New Skipper

Rear Admiral Henry A. Sparks, MC, USN, a Navy man who came up through the ranks, assumed command of Naval Regional Medical Center Oakland, Oakland, Ca., today, relieving retiring Rear Admiral Ralph E. Faucett, MC, USN. The Change of Command ceremonies took place at 2 p.m. on the mall in front of the hospital. The Presidio Sixth Army Band provided the ruffles and flourishes.

The return to California is a homecoming event for the Admiral. When a Captain, he served as Chief of the Medical Service at Naval Hospital, Oakland, from 1966 to 1970. His assignment immediately previous was as Commanding Officer, Naval Medical Research Unit Three, Cairo, Arab Republic of Egypt.

Admiral Sparks is a native Californian. He was born November 22, 1924, in Woodland, Yolo County, Ca., the son of the late Thomas A. Sparks, Jr., and Marie Hamel Sparks. The families were early settlers and farmers of adjoining sections of Yolo and Solano Counties. His mother has lived in Newcastle, Ca., since 1933, and it was there that he attended elementary school.

He was graduated from Placer Union High School, Auburn, Ca., in 1942. On September 24 of that year, while in a pre-medical program attending Placer Junior College, Auburn, he enlisted in the Navy. He has progressed upward in the Navy ever since.

On July 1, 1943, he reported for active duty as an Apprentice Seaman in the V-12 program at the College of the Pacific, Stockton, Ca. Following completion of pre-medical course requirements in July 1944, he served as a hospital corpsman at the USN Convalescent Hospital, Yosemite, Ca., and 4 months later was admitted to the School of Medicine, University of Southern California, Los Angeles, under the Navy Medical V-12 program. Shortly after release from active duty on January 6, 1946, he was commissioned as Ensign (HIV-P) in the Naval Reserve, and completed the requirements for his medical doctorate degree in 1949.

Internship was taken at the Naval Hospital, Long Beach, Ca., 1948-49; and residency in Internal Medicine began at Naval Hospital, San Diego, in 1950. In August 1950 the new doctor was ordered to the Commander Naval Forces Far East (COMNAVFE) for duty with Mobile Surgical Team One during the Korean action. Then in June 1951 he reported for residency in Internal Medicine at Naval Hospital, Bethesda. He saw duty with the Commander-in-Chief, Atlantic Fleet Dispensary (1954-55); Naval Hospital, San Diego (1955-58); Tripler U.S. Army General Hospital (1958-60); Naval Hospital Camp J. H. Pendleton (1960-63); Naval Hospital Bethesda (1963-66).

The new Commanding Officer of Naval Regional Medical Center Oakland is a

member of the American Medical Association, American College of Physicians, American Society of Tropical Medicine and Hygiene, the Pan American Medical Association and the Royal Society of Medicine (London).

In addition to the Navy Unit Commendation Ribbon (awarded Task Force Element 90.32 for outstanding service in the Korean area of hostilities) and the Navy Meritorious Unit Commendation (for service at Naval Hospital, Oakland, Ca., during the Vietnam War), Admiral Sparks holds the American Campaign Medal, World War II Victory Medal, Navy Occupational Service Medal with one bronze star, Korean Service Medal with three bronze stars, United Nations Service Medal and the Korean Presidential Unit Citation.

Admiral Sparks is married to the former Betty May Brown of Long Beach, and they have five children, Mark, Nelson, Sandra, Matthew and Teresa. The family residence will be the Commanding Officer's Quarters, Naval Regional Medical Center Oakland, situated in the East Oakland hills overlooking the Medical Center.

Admiral Sparks has a sister, Mrs. Charlotte Beattie, who resides with her family in Newcastle, and a brother, Robert E. Sparks, lives in Martinez, Ca.

The Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
 CAPT George E. Garsuch, MC, USN, Deputy Commanding Officer
 CAPT Edwin B. Miller, MSC, USN, Executive Officer
 LCDR Emory J. Hatch, MSC, USN, Director of Administrative Services,
 Public Affairs Officer and THE OAK LEAF Advisor
 Editor: Jo Spivey
 Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka

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+ + Chaplain's Corner + +

THE TRANSIENT AND THE ETERNAL

The great redwood trees here in California are said to be the oldest living things on earth. Even the oldest of these giant trees, however, is but a fraction of the age of the earth. When you look at a redwood tree, you may feel that here is something that will last forever. But you know that a lumberman could bring it down in a very short time. As we think about the planet earth, we are likely to think of it as being changeless. But with the onset of the energy crisis, we have been rudely awakened to the fact that the earth and all its resources are changing. Since the earth is a creation of God, even its days may be numbered.

And what of human life? We are impressed when a person celebrates 100 years of life. We value life, but we know also that death is a reality. The answer to all of life's transiency is God. God alone lives forever and can give us life everlasting. He alone is ruler of our lives, whether our years are many or few.

CAPT John E. Thompson, CHC, USNR
 Oak Leaf Corner
 24 June 1974



UNIDENTIFIED VISITOR with her small son gazes on the bell taken from the USS HAVEN [AH 12], a hospital ship which in a single month after the first Bunker Hill [Korean] fighting, treated over 1,200 patients. In recognition of her valiant support of the United Nations' battle for freedom, President Syngman Rhee awarded the ship the Korean Presidential Unit Citation.

Admiral Faucett Bids Farewell

For the past 23 months I have been honored with the privilege of serving as the Commanding Officer of first the Naval Hospital and later the Naval Regional Medical Center, Oakland. I now stand ready to be relieved by Admiral Sparks.

During my tenure you have performed superbly in all respects. You have borne the demanding responsibility of providing high quality medical care with characteristic excellence and dedication. Your performance has been the source of unyielding pride to me, for I knew that you would invariably meet—and more often exceed—my expectations.

I fully appreciate that your service has not been without sacrifice for you and your families. I express a particular gratitude to all of you—military and civilians—who have so willingly contributed to our cause. I am proud to note that you have cheerfully and valiantly stepped forward to share in your country's burdens as well as in her rewards.

I leave the Center Command to the brilliant leadership of Admiral Sparks. His deserved reputation as a skillful clinician, as a careful researcher, as a loyal career officer and as a capable manager gives me utmost confidence in the future course of the Naval Regional Medical Center, Oakland. I know that you will reward him with the same unstinting perseverance and resourcefulness which you have given me.

To each of you I express my deep appreciation and wish you God speed, good luck, fair winds and following seas.

R. E. FAUCETT
 RADM, MC USN
 Commanding Officer

MEDS, DENTISTS GRADUATE TODAY

Today Naval Regional Medical Center Oakland graduated 26 medical interns and five general practice residents in dentistry. The Commandant of the 12th Naval District, Rear Admiral M. D. Carmody, USN, delivered the address and a reception followed.

Fourteen of the graduating interns will continue their residency at NRMCO; seven of the medical interns are going into aerospace medicine at Pensacola, Fla., while one officer has chosen submarine

medicine at Groton, New London, Conn. Three of the graduates are becoming general medical officers; one will serve with the Marines in Okinawa; one will serve on an oiler; and one goes to the NRMCO Branch Dispensary at Alameda. One intern will go into civilian residency; all of the dental officers have been assigned overseas billets.

The wife of one intern signed a said, "At last, a doctor! I feel as I, too, have graduated."

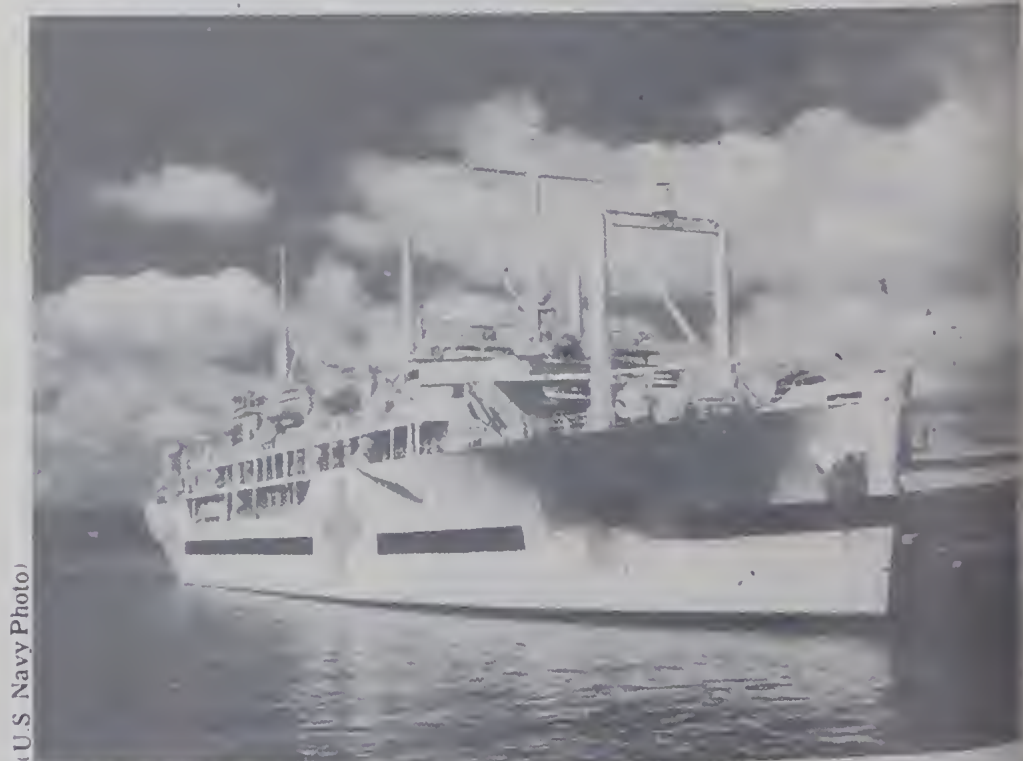
Bell Finds Its HAVEN of Rest

A bell hangs silent, peaceful and reposed from the davit set in concrete in front of the entrance to Naval Regional Medical Center Oakland. Few people have asked what it is doing there. From whence did it come?

The bell is from the USS HAVEN (AH12) which provided, during four tours of Korean duty, the best of hospital care only a few miles from the scene of battle. The HAVEN participated in the audacious operations at Inchon, Korea, and her facilities and crew of 82 officers and 539 enlisted men were put to their most rigorous tests following the two bitter

engagements included such engagements as the North Korean Aggression, the Communist China Aggression, the first United Nations Counter Offensive, Communist China Spring Offensive and the United Nations Summer-Fall Offensive.

Historically, the ship was first the MARINE HAWK, converted and commissioned as a hospital ship on May 5, 1950, and getting into action when the Pacific theater was reaching its climax. Still as the USS HAVEN, she supervised the medical aspects of the atomic tests of Operation



battles of Bunker Hill. At one time after the amphibious invasion at murky Inchon Harbor there were 770 patients on board, and for 80 days an average daily patient load was 530, approximating the daily average inpatients cared for presently at NRMCO Oakland.

The efficiency and worth of a hospital ship is reflected in the low death rate of the serious battle casualties cared for. On her second Korean tour, which covered her longest duty, a period of 9 months, the USS HAVEN returned 54 percent of its patients to active duty and had a low death rate of only one-half of one percent of all cases handled. The death rate was held to one percent during another of her severe tests, after she was fitted with a new helicopter flight deck in 1953.

The USS HAVEN received the Navy Occupation Service Medal, Asia, for action in the closing days of World War II. For her Korean service she earned nine battle stars. Her

Crossroads on the Bikini Atoll. She was decommissioned in 1947, but returned to service again in 1950 for her Korean challenges.

Again decommissioned (1957), she remained in reserve in-service status until stricken from the Navy list in 1967. In 1968 she underwent a jumboizing conversion into a modern chemical carrier bearing the name ALASKA. The total cost to Bethlehem Steel Corporation was in excess of \$6 million.

It is only through a chain of fortuitous circumstances that CDR Norman L. Lathrop, now at Naval Training Center, Great Lakes, Ill., secured possession of the bell in 1971. Naval Regional Medical Center Oakland is indebted to RADM Ralph E. Faucett, commanding officer, for taking the bell from storage and putting it on display to become a symbol of the loving medical care which the hospital ever seeks to provide.

NPRL Keeps Us In the Patent Limelight

Think of it! A device that can be used to make a leg brace for a patient without his presence!

An ingenious twosome at the Naval Regional Medical Center, Oakland, Ca., have come up with a patent (issued in the name of the Navy) that can almost be used in just that manner.



MR. CHARLES ASBELLE has had several patents issued in his name, but this is a first-time patent for Mr. Gerald Porter. Both researchers are with the Naval Prosthetics Research Laboratory of Naval Regional Medical Center Oakland.

Say a military man in Oklahoma City, injured in a car accident, is ready for fitting with a leg brace. With the collimated light table, invented by Messrs. Charles Asbelle and Gerald Porter, of the Navy Prosthetic Research Laboratory, it is technically feasible to put the patient under their scanning mechanism at the Oklahoma City hospital, reduce the skiagraph to letter-page size and send the reduced picture by telephone to the Oakland Center. The center can enlarge the silhouette to original size, manufacture the brace and have it on an Oklahoma City-bound plane by mid-afternoon.

The new collimated light system replaces the traditional method whereby leg braces are made, which sometimes starts by having the patient lie on a sheet of paper on a flat table while his leg contours are drawn on the paper in the way of a tracing. The new system combines the new light with a special tilting-table which allows



THE TILTED TABLE has a transparent grid matrix and a movable area source of parallel collimated light which scans the weight-bearing conditions of a patient, thus helping in design of a properly fitted orthopedic appliance.

the individual to be brought to a near-vertical position when the silhouette is made.

The collimated light is an intense point of light and lens source, housed in an enclosure equipped with rollers so that it may be rolled the length of the table. The patient is placed on the table over a transparent grid atop a light-sensitive sheet. When the patient is properly positioned the shutter of the light box is opened to produce a shadow of the limb, including its bony landmarks, on the paper beneath the grid.

Parallax is avoided by passing the light through a fresnel lens and there is no distortion due to that phenomenon. The completed skiagraph is developed and is ready for use. If it is to be transmitted by telephone by Telecopier it is first photographically reduced from life-size to letter-page size.

On the receiving end — the future Central Fabrication Facility — identical photographic equipment allows enlargement to the original size.

The transmitted skiagraph is used to form the leg brace through use of a hydraulic ram, which eliminates the formerly required muscular strength. On completion of forming to contour and other production requirements, the brace is coated with a vinyl plastisol, which is resilient, neutrally colored and otherwise esthetically satisfactory.



A QUICK READOUT on the contour of a patient's extremity is received by telephone imaging so that a brace may be fitted to the individual.



The processing equipment whereby the original silhouette is reduced, transmitted by telephone and again enlarged to original proportions, while vital to the system, forms no part of the collimated light and scanning mechanism known as United States Patent No. 3,777,643.

Feasibility studies are now being planned for the clinical use of this equipment and for the next stage involving its use in three dimensions. Central fabrication of artificial limbs and braces may be nearer than ever before!

Gary is single, has completed four years of college at Washington State University and, since his arrival on base, received his biological science degree from the University of California, Berkeley. Even while in hospital corps school he received the Hugh E. Perkins academic leadership award. In 1971, he completed a course of instruction in medical technology techniques at Great Lakes, and in 1972, he completed on-the-job training in medical research techniques at NRMCO Oakland.

In athletics he excels in swimming and won first in the 200 meter backstroke championship meet. Softball, cross-country skiing, bicycling and fishing are also among his hobbies.

The future? Headed for medical research, of course.

Survey Will Guide Navy Resale System

Our facility exchange is one picked at random to distribute some 165-survey questionnaires as part of a continuing consumer research program conducted Navywide by NAVRESO (Navy Resale System Office).

The questions embrace the full spectrum of merchandise, services, facility appearance, convenience, pricing, patron-manager communication, ethnic considerations, customer buying habits and all areas of customer contact in Navy exchanges and commissary stores.

The survey, which will take about six months to computer printout, will be reviewed by NAVRESO for guidelines to future action.

NURSE RECEIVES HIGHEST SCOUTING SILVER FAWN AWARD



MRS. VIRGINIA CHEATHAM wears the Silver Fawn Award, the top award that a woman can hold in scouting.

The Silver Fawn Award is the highest nationwide award that a woman in scouting can earn. Mrs. Virginia Cheatham, an LVN for 15 years with our Pediatrics Service, had that honor bestowed upon her recently at a Bay Area recognition dinner.

In 23 years of scout leadership, she has been den mother for 32 units. Since 1961 she has been leader of Pack 380, of the Albany, Mt. Diablo District. Her leadership has extended over the years into the Golden Acorn, West Oakland, Montclair and Piedmont Districts and into part of the Diamond District of East Oakland.

Mrs. Cheatham has two sons who were scouts and she has recruited at least 20 scouts from among her patients here on base. As her scouts pass on into their college careers, they still keep in touch and sing her praises.

Last week Mrs. Cheatham left on a tour of Africa and will be visiting countries from Ethiopia to Capetown. She is carrying with her a scout fellowship letter sent from national scout headquarters.

One Of Our Own Named Outstanding Young Man Of America



HM2 Gary Burkhardtmeier of the Clinical Investigation Center is one of the select men from our

state to receive national distinction as an Outstanding Young Man of America. His full biography and record of achievements will appear in the 1974 edition of that award program.

One of the bases for his selection by the nominating officer at NRMCO is the dedication to research that he has shown during his tenure with the Clinical Investigation Center. He invented a multiple pressurized chromatography column system for radioimmunoassay which has greatly improved the methodology and reduced technician time to a considerable extent. A Navy patent has been applied for. Gary is also principal investigator of an intricate research project to develop a double isotope derivative assay of dopamine metabolites. When completed, the results will provide an invaluable aid to the evaluation of hypertension and other metabolic abnormalities.

INSTRUCTOR CHOSEN SAILOR OF MONTH



While assigned as an instructor in the Urology Class "C" School of NRMCO, HM2 Steven Charles Altord distinguished himself as an energetic hospital corpsman. He performed his duties with such diligence and thoroughness as to be named Sailor of the Month for the month of May 1974.

Steven is an outdoorsy type from outdoorsy Everett in the far north state of Washington. A 19-month-old son does not keep the family from taking off on fishing and camping trips; they admit they don't catch many fish, but son Keith enjoys the outing.

There's a big question mark in Steven's future. He has some applications out and is thinking in terms of going on to be a doctor, staying in the urology field. Whatever his decision, his supervising officers could hardly have been more complimentary of him as an instructor. His commendation reads, "He is highly capable, effective and conscientious as a teacher. . . . He has been a significant factor in the efficiency and morale of the department, performing well above his rate."

Promotions

To Commander: JOHN W. BRANCH, JAMES M. GEESLIN, KENNETH A. SCHEIDT.

To Lieutenant Commander: KERMIT R. BOOHER, JR.; ERIC S. BRONDFIELD, NAS Alameda; RICHARD A. ELLIS; JAMES L. GENTRY; WILLIAM T. HUNT, NAVSUPACT Mare Island; JOHN W. LANG, JAMES R. MCCOLE; ROBERT S. MITCHELL, NAS Alameda; THOMAS J. O'NEILL; LOVETT T. REDDICK.

LCDR DAVID TILFORD, from Mare Island Shipyard Branch Dispensary.

ALSO PROMOTED LCDR SAMUEL CHRISTEN.

Also Promoted:

To Lieutenant Junior Grade in the Nurse Corps, NIA CROWLEY, NORMA CAREY, NANCY RAMIREZ, GINNY BLAIR, YUKI KATO, ARLENE LANGHRAN, CONSTANCE BLACK MARDIKIAN, CHRISTINE NARBUT. (Detaching, LTJG DETJANS DEY.)

Augmenting and Promoted to Lieutenant Junior Grade, GEORGE J. TARQUINIO, DC.

Over 400 Years' Service Represented Twelve Civilians Retire,

Mr. Charles Henry Foreman, the fisherman who catches them, is going to have more time for the sport. Now that he has retired he says he's not kidding, he is "going fishing."

Mr. Foreman is among 10 civilians who retired this month. After 47 years, 20 with the Navy and 27 right here, he thinks it is going to be very nice to hop into his camper and take off. When Charley goes fishing it just might as likely be up into Eastern Canada as trout fishing up in Oregon.

Don't try telling us any whoppers, Charley, we believe them without your pulling out pictures as proof. (Charley Foreman was spotlighted in the May 18, 1973, issue of THE OAK LEAF with a 5-pound rainbow.)

Other civilians retiring are:

ALBERT F. LEE, JR. Machinist foreman, with 36 years, 2 months, and almost matching Mr. Foreman in length of service at this facility. His tenure dates from July 21, 1947, and Mr. Foreman's from March 6, 1947.

PAUL S. SCHULTZ, painter foreman, with 32 years, 3 months, and service at NRMCO from May 1, 1950.

JOHN D. WINTER, boiler plant operator, has 37 years, 8 months of Federal Civil Service.

FLOYD HENDERSON, cook, 30 years, with service here dating from July 8, 1947.

TRACY WILEY, cook, tallies 30 years, 6 months, and service here since August 1, 1946.

ELMA F. ELLIS, clinical nurse, 20 years, coming aboard on July 14, 1965.

ANNA WATSON, nurse (occupational health), retiring from NAS Alameda Branch Dispensary, after 18 years.

FUSAE OBATA, steno pool, 24-1/2 years, here from March 3, 1952.

LOIS CEPANICH, nurse, 23 years, 3 months, here from August 22, 1963.

FLOYD COLEMAN, transportation (effective July 6), 21 years, 11 months, here dating from March 24, 1968.



A RETIREMENT FEAST was spread in honor of Ms. Violet Shumpert, who has a record of 26 years service here. Retirement parties have been foremost on the social calendar for June.

Including Mrs. Congeniality



It's been 25 years of dedication to job for Mrs. Mary Snelling, the nurse known on 6-West as "Mrs. Congeniality" by her fellow workers. She is now retiring to be a little bit more of a housewife. She bowls, she sews, she gardens a little. She plans to "bowl a little more, sew a little more, garden a little more." She may even see her 27 year old twins a little more.

Mrs. Snelling received her training at Saint Philip Nursing School, Richmond, Va.

The hospital in which she first worked was at that time segregated. Her school is now part of the Medical College of Virginia. She met her husband when he was in the Army, and her first job on the West Coast was at Kaiser Hospital. When a supervisor invited her to follow her to "Oak Knoll," Mrs. Snelling came to us, and she remembers the "ramp tramp" days as they were called, the days when there were no "intensive care" wards as such.

As for Mrs. Snelling, she has been a hard working nurse, in an active setup, and to every patient she always has given the best intensive care possible at all times.

Retirements

CDR LINA MURASHEFF was piped ashore, retiring with 22 years, 6 months, 5 days.

Transfers to

Fleet Reserve

HMC NORBERTO B. BANEZ transferred to the Fleet Reserve with 20 years, 6 months, 4 days.

HMC VERLA A. PASK from NRMCO Branch Dispensary, Stockton, Ca., transferred to the Fleet Reserve after 20 years of active service.

HMC CESAR G. ARGUELLO transferred to the fleet reserve after 21 years, 3 months, 22 days active service. He worked in the Surgical Clinic.

Residency Certificates to REX L. REPASS and MICHAEL D. WASHBURN.

Flying
Around



Born at Naval Regional Medical Center Oakland, on June 21, 1974, Jennifer Leigh Joseph, 5 pound, 10-ounce daughter of Petra and LTJG William A. Joseph, aide to the Commanding Officer.

Letters of Appreciation

To HMC DUANE A. BECHTHOLD for his productivity in the microbiology section of Laboratory Service since December 1969. A wish for smooth sailing as he detaches for duty at Naval Medical Research Unit #2, Taipei, Taiwan.

To HM2 CLIFFORD R. PHILLIPS for his calm and purposeful efficiency when a patient shortly after the beginning of surgery, developed a cardiac arrhythmia and required resuscitation.

Reenlistments

REENLISTMENTS KEEP PACE AT NRMCO

HMC BENJAMIN W. MARGOT reenlisted for 6 years, his fifth reenlistment. He works in Security Branch.

HMC DONALD R. PATTON, also of Security Branch, is in for his third reenlistment.

HM1 DENNIS J. HOFFARTH reenlisted for 4 years, his third reenlistment. He is in X-Ray Service.

HM3 DONALD R. McTIER takes another 4 years for a first reenlistment. He works in EEG Clinic.

HM3 PHILLIP G. WADE augments from the Reserve to Regular Navy, reenlisting for 5 years to attend 26 weeks of lab instruction in Williamsburg, Va. The member works the Cardio Pulmonary Laboratory.

HM2 BRADLEY R. ROBBINS is on his second reenlistment. He works in the Hematology Laboratory.

HMC DARROL E. BENNETT reenlisted for his fourth tour. The member works in the Eye Clinic.

HM2 GEORGE G. DENTON, member from PT-OT, reenlisted for his first time and transferred to Naval Regional Medical Center Bremerton, Wash.

HMCS THEODORE L. RIDDLE reenlisted for his fourth. He works in Radiology Clinic.

Navy Good Conduct

Awards

HM2 STEVEN C. ALFORD
HM3 MICHAEL E. CAIN
HM3 PHILLIP M. PATE
HM3 MICHAEL C. RUMPF
HM3 CORNELIUS H. SCHROEDER

Navy Achievement Awards to LTJG HADLEY HARTSHORN, CEC, and LCDR DAVID FLUHARTY, Public Works.

Sports Shorts

ORTHO GIVES US A CHAMPION

It's All Hail to that All Navy Interservice Wrestling Champ LCDR William McDaniel, Orthopedic Service, who carried off the light heavyweight (220) at Quantico, Virginia, after winning the 12th Naval District championship.

Next, on to the world title bout to be held in Italy come October!

Swimming Championships

A NRMCO foursome carried off 1st place in the 12ND Swimming and Diving Championship, Class B, and 2nd place overall at Moffett Field on June 22 and 23.

In the 400 meter freestyle, LT John Martin, Dermatology, 1st; HN Bill Johnson, Pediatrics, 2nd; 100 meter freestyle, Martin, 1st; Johnson 3rd, HM2 Fred O'Neill, CIC, 4th.

100 meter breaststroke, O'Neill, 2nd.

400 meter individual medley, Martin, 2nd.

100 meter backstroke, HM2 Gary Burkhartsmeier, CIC, 2nd; O'Neill, 3rd.

100 meter butterfly, Martin, 2nd; Johnson, 4th.

200 meter backstroke, Burkhartsmeier, 1st.

1500 meter freestyle, Johnson, 1st.

400 meter freestyle relay, 2nd.

400 meter medley relay, 1st.

The four swimmers made the West Coast championship for the 2ND and will compete at Treasure Island on July 8, 9 and 10.

Chess

The 12ND chess championships will be at the Naval Support Activity Mare Island Library, building 545, on July 29 through August 2 at 6 p.m.

The top four will qualify for the championships August 19 through 21 at Naval Station, San Diego.

Call Ron Brown, ext 2350, for further information.

New Canoe Course To Start July 8

The American Red Cross Tip-a-canoe course is becoming increasingly popular now that a few "converts" on base are learning what fun a wild water challenge presents.

The kick-off for Lesson One is scheduled for Monday, July 8, at 7 p.m., at the base swimming pool.

Are you already one of the 30 or 40 applicants registered with Mrs. F. J. VanderMeer, telephone 582-6000? If not, you might want to talk it over with CAPT H. S. Samuels in Dental Service. He is an addicted canoeist.

DRIVE SAFELY

Aggressive behavior of speeding or failing to yield shows character traits of the aggressive driver. Arrogance, impatience and intolerance? Have you checked your driver attitude lately?

'Hey Lookit My Chopper!'



The excessive number of auto and motorcycle accidents involving Naval personnel in this district warrants an appreciation of, and a concern for, the associated costs and loss of available manpower. The following statistics compiled for the 6-month period ending March 31, 1974, illustrate the seriousness of the problem:

Auto accidents	41
Motorcycle accidents	44
Deaths	6
Civilian medical claims	\$165,000
Military hospitalization	\$487,000
Lost time/man years	10.7
Lost time/basic pay	\$51,500
Total cost	\$704,000

Many of the accidents are alcohol related. If you must drink, drink in bed. And stay there!

Bits and Pieces

The Chief Petty Officers of the hospital presented Rear Admiral and Mrs. Faucett with twin bikes, but on the Admiral's bicycle was a warning that bike riding could possibly be hazardous to his health. Admiral Faucett left the Medical Service Corps luncheon wearing a camera around his neck as a remembrance from that group, and Mrs. Faucett carried a bouquet of roses in her arms.

Another Change of Command happening has taken place at Portsmouth, Va. RADM Harry P. Mahin, our former CO, assumed duties as Fifth Naval District Medical Officer and as Commanding Officer of the Naval Regional Medical Center there.

Quantity, quality and adaptability are packaged together within an Outstanding Performance Rating. Mr. Tom Payne, Laundry Plant Manager of NRMCO, received a \$200 award as a part of his recognition for "Outstanding" work.

Hail & Farewell

EXISTED REPORTING

From Naval Hospital, Subic Bay, RP, HM2 James Smith, Jr.

From Naval Hospital Corps School, San Diego, HAs Enoch Ibarra, Stephen Beesley, Robert Mongue, Bobby Hamblin, HM3 Merel Roberson.

From Naval Hospital Corps School Great Lakes, Ill, HA Stella Gardner.

From Naval Regional Medical Center, Jacksonville, Fla., HA Deirdre Manley.

EXISTED DETACHED

To Naval Regional Medical Center Yokosuka, Japan, HM2 Paulette Saulh.

To Naval Hospital, Puerto Rico, HN Julie Rishling.

To Fleet Marine Service School, Marine Corps Base Camp Pendleton, Ca., HM3 Larry Harris and HN Donald King.

To STU Submarine School, New London, Conn., HN Arthur Quinn.

Released to Inactive Duty in Naval Reserves, HM2s George Mellee and John Shapland, HM3 David Dixon, HA Daniel Wilson.

Discharged from United States Navy, HM3 Sandra Rasmussen.

THE SHORT SHEET

DOD Increases Mileage Allowances As Of July 1

Beginning July 1, members traveling by privately owned vehicles (POV) on either a permanent change of station (PCS) or temporary duty status (TDY) will receive an increased mileage allowance. A PCS move will pay members eight cents a mile instead of six. For POV and TDY the travel pay is seven cents per mile instead of five cents per mile standard. Payments for moves for dependents have also changed.

When Buying Home Consult Your JAG

Secretary of Housing and Urban Development James T. Lynn believes you should have the likelihood of a 3 or 4 year tour at a given locality before even considering buying a home. "If it is going to be shorter than 3 or 4 years, you are best off renting," the HUD Secretary said. If you decide to buy, have your JAG look over the deal first, he advised in a TV interview.

Military Mail Costs \$

You may be under the mistaken illusion that military mail that travels under the official indicia travels free. An informal survey of several installations revealed that, for the most part, military personnel believed that there was no cost difference if an item went airmail, registered, special delivery at first class rates, or at third or fourth class rates.

There are many practices in mailing which lead to exorbitant costs.

—Numerous items are being mailed first class or airmail when they qualify for a lower and cheaper rate. This is the most common and serious deficiency.

—Heavy "Jiffy" bags (heavy insulated protective envelopes) are being used when not necessary, resulting in increased charges.

—Printed matter is still being mailed in 8 x 10-inch envelopes when it could be folded and put into 4 1/2 x 9 1/2-inch envelopes. A large envelope costs more to mail because of its heavier weight.

—Government contracted publishers/contractors mail requested items at premium rates (airmail or first class) and are being reimbursed. Also, reply envelopes with the official indicia were being furnished with premium rates.

—Items are being mailed in envelopes when they could be folded and have the indicia printed right on the item itself—called a self-mailer.

—Large shipments in excess of 500 pounds addressed to the same location are being mailed directly through the U.S. Postal Service channels rather than through transportation channels on a bill of lading.

—Mail is being marked "special delivery" or "special handling." Normally, there is no special delivery on a military installation and special handling is intended for such items as live baby chickens or bees. Despite these facts, the Government still must pay the full amount of postage of these items.

—Many items are being airmailed to an overseas location at premium rates when they could be sent by Military Official Mail (MOM) and sent by air for the seaport at surface rates.



SAFETY SAYS, "Get rid of frayed cords!"



SWITCH THAT SWITCH and save on electricity when not in use.

Movie Schedule

(Admission 50 Cents)

Wednesday, July 3

MEAN STREETS Robert De Niro Harvey Keitel Melodrama (R)

Thursday, July 4

No Movie Independence Day

Friday, July 5

THE CILPEPPER CATTLE CO Gary Grimes, Bill Bush Western (PG)

Saturday, July 6

BLACK GLASS Jim Brown, Martin Landau Action Drama (R)

Sunday, July 7

FROM THE MIXED UP FILES OF MISS BASHIL E. FRANKWELER Ingrid Bergman Sally Prager Comedy (G)

Monday, July 8

COOL BREFFZE Thelma Houston Raymond St Jacques Adventure Drama (R)

Tuesday, July 9

PAPILLON Steve McQueen Dustin Hoffman Action Drama (PG)

Wednesday, July 10

THE SUPER COPS Ron Leibman David Selby Crime Drama (R)

Thursday, July 11

CANCEL MY RESERVATION Bob Hope Eva Marie Saint Comedy (G)

Friday, July 12

TALES FROM THE CRYPT Sir Ralph Richardson Joan Collins Horror Drama (PG)

Clinical Assembly Building 500
500 Cents

(Hints to Game of
• Match-Up
Names and captions,
scattered throughout
THE OAK LEAF)

Who's Been Doing
What

MEDICAL
Reenlisting
to Regular Navy

PROMOTED

Promotions

Retirements

Congratulations

Congratulations to

Commendations

In The Navy Tradition



PLAY THE GAME of Match-UP

Unscramble
What's Been
Medical Corps
DENTAL INTERNS
Reenlistments
Retirements
Promotions
Augmentations
Fleet Reserve
Awarding of Certificates
Doing



YOU'RE
"ON CAMERA"



PASS THE OAK LEAF TO ANOTHER READER!!

Welcome to Oakland
NAVAL HOSPITAL
REAR ADMIRAL ROBERT
L. BAKER, MC, USN
OAK KNOLL'S
FIRST
CLINICAL ADMIRAL



They Earn
A 'Well Done'



Transfers to

Hail & Farewell

Players

Volleyball

Change of Command Change of Command Change of Command Change of Command
 Command Change of Command Change of Command Change of Command
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 Change of Command Change of Command Change of Command Change of Command
 Command Change of Command Change of Command Change of Command

One Assumes Command To Tune of Ruffles and Flourishes



Our New Commanding Officer
RADM Henry A. Sparks, MC, USN



THE OUTGOING BASKET above gives somewhat an erroneous first impression about the quota of work being performed by the green-carpet secretaries. Mrs. Marge LeSage can vouch that the volume is holding up, and is exceedingly heavy during a Change of Command period. To date she has been secretary for five commanding officers.



RADM R. E. FAUCETT left the Change of Command podium wearing the Gold Star in Lieu of a Second Award of the Legion of Merit.

One Retires Auld Lang Syne Played

RADM R. E. Faucett's 31st cruise has ended. The Chief Quartermaster hoisted the signal flags - denoting "Foxtro" "Charlie," and "Delta" meaning "Cease all present operations and return to home port."



As Admiral Faucett and his family made ready to go ashore for the last time, the token of appreciation given to the Skipper at the Hail-Farewell party on June 25 was a solid bronze bell with bell mounted and waxed on finish board. [Admiral Faucett's problems of getting the U.S. HAVEN bell and davit installed in this hospital has ranked along with such naval history and folklore as the strawberries in the C. Mutiny and the Mr. Christian HMS BOUNTY.] Two large brass dolphins symbolic of the worn by submarine medical officers were at the rear of the bell. Also mounted on the same board are two tiles denoting the Admiral's command both of Naval Hospital, Oakland, and Naval Regional Medical Center, Oakland.

After the band played Anchors Aweigh, Admiral Faucett stepped forward, tolled his bell and accepted the gift by saying that although he might be retiring, the brine on his clothes and the meaning his whole body will never be removed. Too much salt has been absorbed over the years for him to ever be anything but Navy.

At the end of a successful voyage, the staff of NRMCO wished our retiring CO and Mrs. Faucett a fond farewell, God speed on following seas.



The OAK LEAF

NAVAL REGIONAL MEDICAL CENTER, OAKLAND
Vol. 36, No. 13 Friday, July 19, 1974



WORD PROCESSING UNIT NOW IN BUSINESS



AT THE RECENT Open House, Ms. Betty Raab, Manager of the Word Processing Branch, instructs a newcomer in use of the dictating manual.



THE WORD PROCESSING UNIT is located where the Archives Section was formerly. ENS. A. S. Gesh, Assistant Chief, Data Processing Service, and LT



Joseph Steiner, Chief, Data Processing Service, inspect the monitoring console just prior to the ribbon cutting signaling official "in business" status.

The Word Processing Unit, launched about 3 weeks ago, is well on its way to surviving its shakedown cruise. The only system of its kind in the Navy, the "vision represents somewhat an advanced "Earth 2020" concept in handling the recording needs of this Medical Center from the taking of the history of a patient, through examination, diagnosis, treatment and evaluation.

Preparatory to making the unit operative, all concerned officers were schooled in the proper manner of making the dictated record—on an instrument as simple looking as a telephone receiver. From the physician's desk or examination room, he squeezes a button on the receiver and engages one of the 19 word-storage tanks located in the central

renovated word processing center. Each tank holds up to 3-hours' dictation, which awaits transcription by one of 14 transcribers.

For a new installation, problems connected with the operation have been normal and minimal, according to LT Joseph Steiner, Chief, Data Processing Service. Although five crew members were initially lost due to retirement and promotion, operations are becoming fairly stabilized now.

From a monitoring console, it is easy for Ms. Deloris Fry, the supervisor of the transcriptionists, to be aware of what machines are in action, who is doing what medical record, who is ready to type the next. Even the time-consuming effort needed to roll paper in and out of a typewriter is eliminated by the continuous pin-

fed rolls of paper. Acoustinettes (noise silencers) on each typewriter cut the noise of the 14 machines to a near minimum. Carpeting and special wall paneling and acoustical ceiling also help cut the noise, which in turn eliminates a great amount of stress for the typists. The fine fidelity and quality of the Dictaphone machinery used also proves a great aid in helping the transcribers put out about 45,000 words daily.

Ms. Betty Raab, the manager of the word processing branch, expressed her appreciation to all staff members using the new equipment. "The dictators are following the manual," she said, "and have given us the utmost cooperation. The ultimate target of the Word Processing Unit is to give 24-hour turnaround of all work."

GRADUATE PROGRAM OFFERED ON-BASE

A convenient way of obtaining, on base, a Masters Degree in Business Administration (M.B.A.) is offered by Southern Illinois University, Edwardsville. Twenty NRMCO personnel are already enrolled in the program in which seminars are held every third weekend (Thursday evening, Friday evening, Saturday and Sunday), and the degree can be completed within two years, not four.

The program is open to all military personnel and civilians who hold a B.A. degree, and there are several options for advance study, including health care, administration, accounting, marketing, finance, economics.

Jim Hansen, director of field operations, will be in the area between August 5 and 9 to recruit additional students and to answer questions about the degree program. He will conduct individual conferences in the education and training building (105) on August 5, 6 and 9. Call Fran Zarkowsky, base coordinator, 639-2237/38, for an appointment.

Briefing times to explain the workings of S.I.U.'s off-campus program are set for August 7 and 8. Information on scheduling, financial assistance, academic requirements and so forth will be given at the briefings, scheduled on August 7 at 9 a.m., 1 p.m. and 7 p.m., and on August 8 at 11:30 a.m., and 5 p.m. in building 105.



AN IMPRESSIVE baker's dozen sideboys stood by to pipe CAPT John Wurzel ashore as he took off for quieter seas upon completion of 20 years in the Navy. A few moments previous, topside in the Commanding



Officer's chambers, his wife and family of 8 children shared in the official ceremonies [which now also recognizes the part played by the spouse in a military man's service to his country].

The Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services,
Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Jusehka

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THE OAK LEAF receives American Forces Press Service material. Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Regional Naval Medical Center, Oakland, California 94627.

+ + Chaplain's Corner + +

**In a world
looking for
answers
maybe God
is the place to
start.**



A Prayer

Help us to see what is real.
Help us to lie under a tree and
enjoy the grass and sky and
wind, to have a definitive
feeling, to think wildly, openly,
to stretch.

To hold a hand and mean it,
to appreciate beauty, to ex-
perience a relationship, a joy,
a satisfaction, a sadness. To
feel close to an idea, an ideal
and to ourselves. To feel part
of a country, a person and the
earth. To rise out of the depths
of desperation and self-made
alienation, and to be close once
again to you. These are what
we can grasp, these are real.
That is our prayer, Lord. To be
aware, to rise up, to realize, to
understand and to care.

LCDR E. K. MURRAY,
CHC, USN.

THE SHORT SHEET

Advancement Information Is Available By Phone

A new phone service to give Navy enlisted people general information about advancements or examinations has been established at the new Education and Training Program Development Center in Pensacola. A two-minute recorded message will give callers information about probable and actual dates on which examination results and late advancement lists will be released, effective advancement dates for those who are frocked, and "how to" information. People who call between 5 p.m. and 8:30 a.m. (Eastern daylight time) on weekdays and any time on weekends and holidays will receive the recorded message. During working hours, personnel at the program development center will provide information. Autovon number is 922-1353, and the commercial line is 904-452-1353.

YOUR LEGAL SERVICE has information on rules and regulations of various states paying bonuses to veterans of the Vietnam conflict. In some instances next of kin of deceased veterans are eligible to receive the bonus to which the veteran should have been entitled.

Freedoms Foundation Sets '74 Contest

"Human Goals: The Advancement of Human Dignity" is the theme for the 1974 Freedoms Foundation letter-writing contest.

Open to all active Service members, Reservists, Guardsmen, ROTC and JROTC cadets, the contest is sponsored by the Valley Forge Patriots Awards program, an activity of Freedoms Foundation, Valley Forge, Pa. It is a nonsectarian, nonprofit and nonpolitical organization dedicated to furthering the cause of freedom and man's God-given dignity.

Entries in the letter-writing contest need not be "letters" as such, but may be in essay or poetry form, not under 100 and not exceeding 500 words.

Two top winners will receive \$1,000 each and one top winner, \$500. There will also be awards of \$100 and \$50 and George Washington Honor Medals and honor certificates. Top award winners will be invited to Valley Forge for the annual presentation ceremony.

Entries must be submitted before November 1, 1974, to Freedoms Foundation, Valley Forge,

TRAVEL BOOKS ARE AVAILABLE

Travel-minded Navy personnel are always looking for new ports, and two books of particular interest to the military are in print to tease their feet.

For information on travel on less per day the military way there is a 160-page paperback guide which lists more than 530 Army, Navy, Force, Marine and Coast Guard installations in the United States and overseas. If the Exchange is temporarily out of the book, it may be ordered for \$2.75 from Military Living, P.O. Box ML, Arlington, Va. 22204. By name it is called **Temporary Military Lodging Around The World**.

A second how-to book is a 212-page **World Travel Guide**, available at exchanges or on order for \$2.95 from the World Travel Guide Publishing Co., Box 1031, Falls Church, Va. 22041. It, too, lists economical travel ventures for all military personnel, both active and retired.

American Airlines is offering courtesy copies of a 1974 booklet listing hotels and motels which offer special rates to Federal employees, whether civilian or military.



AN AMERICAN FIRM in Japan is selling more than a million pairs of jeans annually. The word Levi's honors a Bavarian immigrant merchant named Levi Strauss who took denim to California during the Gold Rush.

Ex-POWs Form Fraternal Group, NAM-POWs Inc.

Former Vietnam prisoners of war have recently organized themselves into a fraternal charitable association with headquarters at Glendale, Ariz.

Titled "NAM-POWs Inc." the non-profit organization is directed at providing assistance to fellow POWs and for families of MIA's. Membership in the group is a cross section of Air Force, Navy and Marine airmen of the 1st Helicopter Wing in Hanau, Germany, headed by Col. (now Brig. Gen.) John P. Flynn.

Applications for membership should be submitted to Col. Howard Rutledge, USN, 600 Mercer Street, San Diego, CA 92122 or to corporation office NAM-POWs Inc., 7734 N. 1st Drive, Glendale, Ariz. 85302.

Pa. 19481. Entrants should include full name, Social Security number, military address, Service component, and complete permanent home address including zip code.

Other categories of this contest, including editorials, cartoons, essays, public addresses or sermons relating to the theme, are open to civilians as well as military participants.

Additional information may be obtained from Freedoms Foundation at the address given above.

VETERANS ASK.....

Q-I have never used my World War II GI loan entitlement. May I use it now to buy a mobile home?

A-Yes. The mobile home loan benefit is available to eligible veterans and servicemen who have \$10,500 guaranty toward the purchase of conventional homes. VA will guarantee up to 30 per cent of approved loans for mobile homes.

Q-I'm going to college under the GI Bill, but my 36 months of education entitlement will end two months before I receive my degree. When will VA discontinue my allowance checks?

A-At the end of the school term in which entitlement runs out.

Q-If a veteran with a nonservice-connected disability dies in a private hospital, will VA pay transportation costs to place of burial?

A-No. VA is permitted to bear these expenses only when death occurs in a VA hospital or domiciliary, or while hospitalized at VA expense.

Q-I am receiving a 60 per cent service-connected disability compensation. I have a wife and two children. My 17-year-old child was married in January. When will my compensation payments be reduced?

A-At the end of the calendar year in which the child was married.

Q-I am a veteran living in a state which has no burial space left in its national cemetery. Will the Veterans Administration pay anything toward the cost of a burial plot in a private cemetery?

A-Yes. Public Law 93-43 (June 1973) allowed VA, starting last August 1, to pay up to \$150 in plot and interment costs of veterans living on or after that date, if not buried in a national cemetery.



on at
Naval Regional Medical Center,
land on June 28, 1974, Kyle Dean
rts 6 pound, 15 ounce son of Barbara
ENS Jay Roberts on July 9, David
Jim Hayes, 6 pound, 15 1/2 ounce son of
n Jean and LT P. B. Hayes

Notice

Due to funding limitations, THE OAK LEAF will be reduced in size four pages, except for six issues per year.

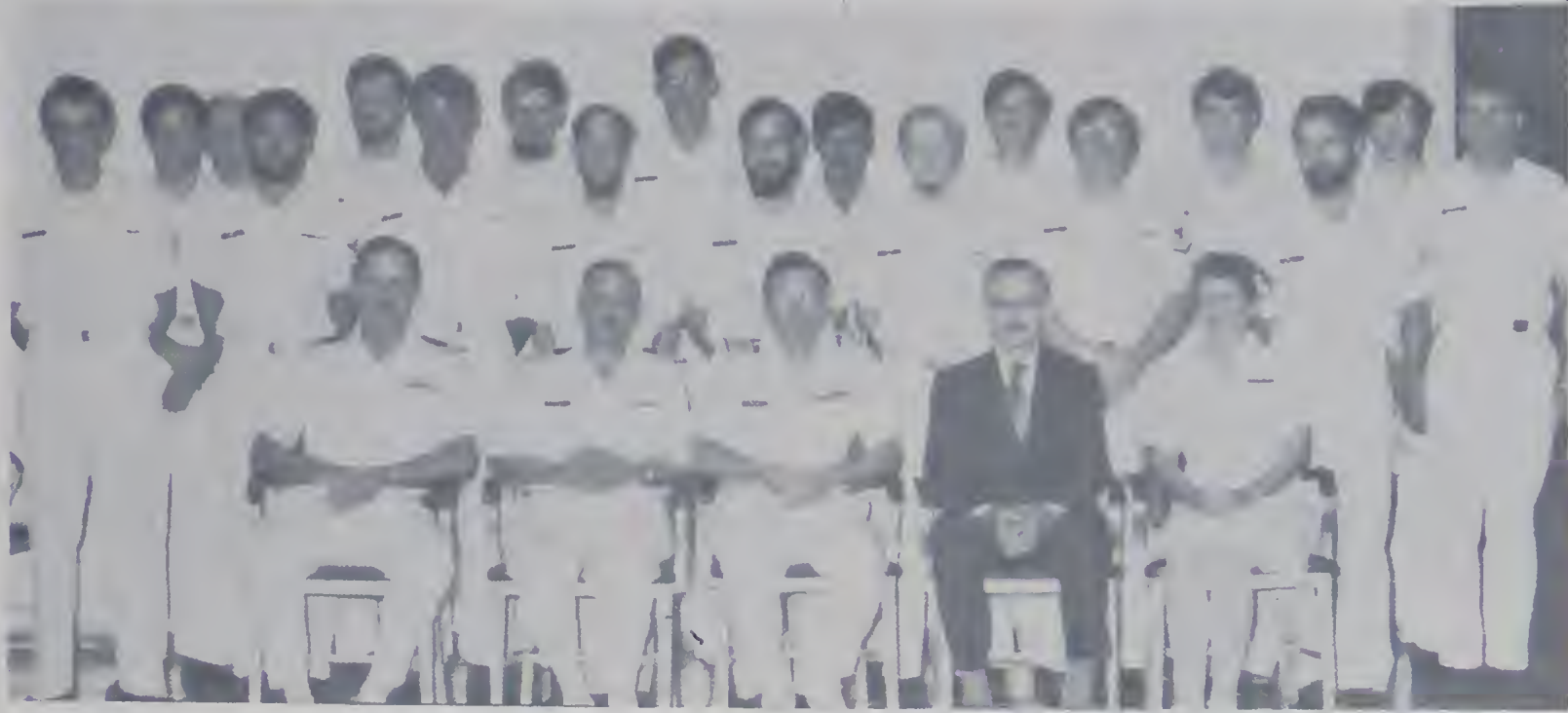
Who's Been Doing What . . .

Our Schools Turn Out Specialists

The Neuropsychiatric Technician School is one of five schools at Medical Center Oakland which regularly keeps turning out trained technicians. The school offers a 16-week course of 250 didactic hours which include such subjects as history of psychiatry, interviewing techniques, neuropsychiatric nursing concepts and the whole spectrum from alcoholism and drug abuse to psychiatric syndromes and psychopharmacology. Plus, the student must

have completed basic hospital Corps "A" school as a prerequisite. To it all is added about 700 hours of clinical experience in the basic skills required to assist in the care and treatment of neuropsychiatric patients.

Some of the technicians from the last graduating class (pictured below) will fill billets worldwide in the field of neuropsychiatry. This is one of three schools of its kind in the Navy, and the only one on the West Coast.



CLASS No. 70, Neuropsychiatric Technician School graduates are HN Charles E. Lucas, Jr., HA Robert G. Thompson, HN Christopher C. Tindall, HN Enrique Moreno, Jr., HA Charles H. Wilson, HA Jon C. Mass, HN James E. Tobin, Jr., HN Charles R. Boyd, HN Gregory A. Kersulis, HN Mark K. Gingrich, HN Gregory L. Jackson, HN Joel E. Gist, HN Mark L.

Oksendahl, HN Gregory A. Schedcik, HN Robert A. Patterson, HN John C. Olusczak, HA Thomas P. Weltsch and HN James P. Musson. [Seated] LCDR Kenneth J. Putt, CHC; CAPT Rolf W. Steyn, CAPT George E. Gorsuch, Dr. Evan Wolfe; CDR Miriam Ferguson.



SHE PASSES THE BULL legally. As Judy Benny becomes a Lieutenant Junior Grade and leaves for duty at Bethesda, Md., ENS T. Henry Sparkman becomes possessor of the Bull Ensign Award which signifies that he is now the most senior of senior Ensigns aboard. ENS Sparkman works in Patient Affairs.

Reenlistments Keep Pace at NRMCO

HM1 MELVIN E. SMITH reups for 6 years, his third reenlistment. He works in Operating Services.

HM2 MICHAEL A. WALLACE, on his first reenlistment, reenlisted for 4 years. He is a student in Preventative Medicine School.

HM2 JAMES R. SIMS goes for 6 years on his first reenlistment. He, too, is a PMT student.

DTG3 BARBARA A. BLACK took a first reenlistment for 4 years. Member works in Dental Prothesis.

TRANSFERS TO FLEET RESERVE

HMC JOSE R. ANDALIS, who works in Lab, transfers to the Fleet Reserve after 23 years, 6 months, 6 days.

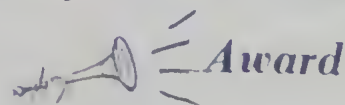
HMC SAMMY A. MAYO, also of Lab, transfers with total active service of 19 years, 6 months, 5 days.

Bits and Pieces

Yo' editor checked out a T.O.R.I. weekend trip through central branch of the YMCA, and can vouch that the Shakespearean Festival trip to Ashland, Ore., was purrrrr-fect. It is recommended that the YMCA calendar through September be checked. There are trips to Big Sur which include a moonstruck (after midnight) dip in the pools at a nearby hot springs; there are houseboating, wine tasting, sailing, backpacking weekend trips; trips to the Mendocino and Austin-Creek redwoods, to Yosemite, Tahoe and the Hearst Castle. A chance to meet delightful people on mini-priced tours is yours if you call 885-0460. Or check trip schedules at Special Services.

Wouldn't be surprised if a lot of enlisted folk also have been missing some super entertainment at the San Francisco and Oakland USOs. On July 28, at 1 p.m., the SF USO is offering a tour of the San Francisco Mint. How can it be judged how interesting that will be, or what's being missed, unless a few hours are chanced?

Navy Good Conduct



DT2 RICHARD S. SMITH

PASS THE OAK LEAF
TO ANOTHER READER!!

(Editor's Note: We are indebted to CDR J. D. Wallin, MC, USN, Director of CIC, for the article which follows. Although longer and more technical than some of our series spotlighting the services, it is believed that many readers will be interested in knowing about the specific studies in progress rather than taking a broader general approach.)

Introduction

Clinical investigation capability is a vital and essential element in any medical center with a training function. At NRMC Oakland this capability is in the form of the Clinical Investigation Center (CIC), which provides the facilities for residents, fellows and staff members to gain experience in the mental discipline achieved by participation in research.

In addition, the interrelationships with the University Medical Center, San Francisco, provides a means of increasing professional standards and quality of training and patient care, an essential ingredient in keeping pace with the dynamism of the health care field.

Finally, the center is one of the few places that provides a vehicle to interrelate directly and rapidly the fruits of research with the day-to-day needs of the practicing physician.



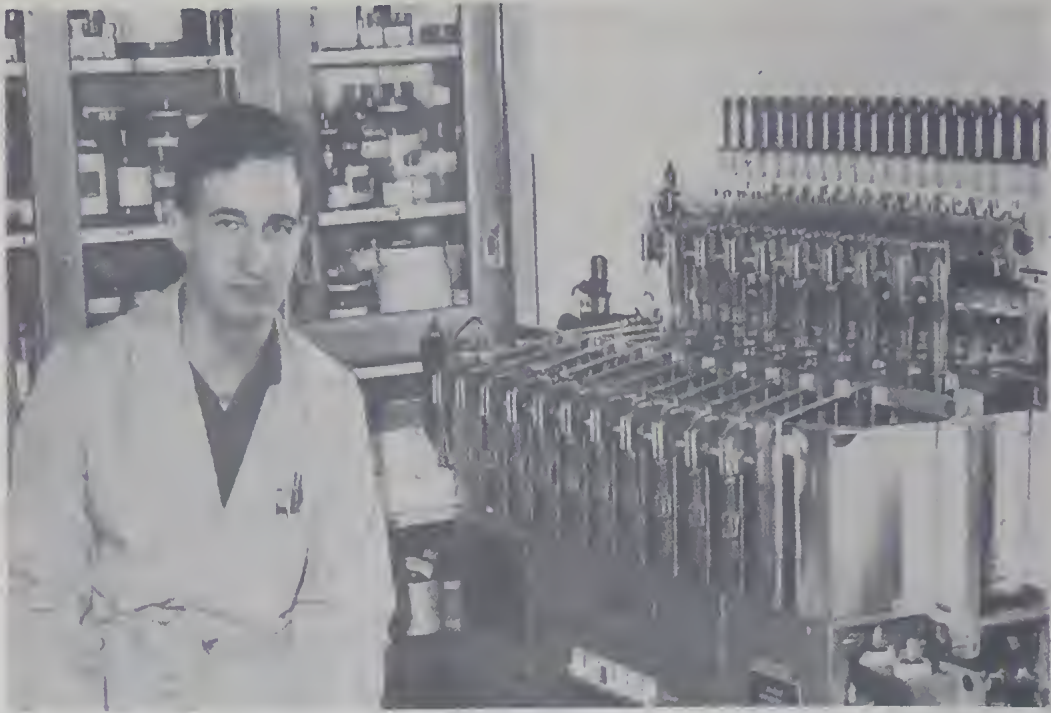
EXPERTISE IS ADDED to manuscripts emanating from within the CIC and the NRMC at large by Ms Margaret Nielson, editorial assistant, and Mrs. Blanche Bingham [upper photo] is secretary and fiscal assistant to the Center.



MR. WALTER ANDERSON is an invaluable administrative assistant.

History

The present facility is not a consequence of a single expenditure of funds and planning. Rather, it is a result of long-term growth and maturation with facilities and spaces added at times when they could be efficiently utilized. Each investigator added to and left behind some of his accomplishments.



HIM3 JOHN KUHLENKAMP operates this complicated looking equipment which is the Gilson respirometer.



SURGICAL RESIDENTS gain essential experience in the animal facility operating room.

The Start

In the beginning a Metabolic Research Facility was established in building 46A, Naval Hospital, Oakland, on July 12, 1950, as an in-service project. Its single objective was to initiate a clinical research activity which emphasized metabolic and biochemical approaches to clinical problems.

Two significant accomplishments were realized during these early years: (1) the foundation was provided for a clinical research unit at Naval Regional Medical Center, Oakland; and (2) while considered less than optimal, a laboratory facility was established with a nucleus of essential equipment.

Expansion

Subsequently the Bureau of Medicine and Surgery, desiring to expand the activities of the facility, invited the participation of the Department of Medicine of the University of California, San Francisco. This unit was established as the Clinical Investigation Center under a contract between the Office of Naval Research (ONR) and the University of California, San Francisco, on June 15, 1957.

Animal Lab

In 1954 it was decided an animal laboratory was needed. The project began in June 1955 with the renovation of part of building 102 (the old Navy Prosthetic Lab). This provided an animal surgery and holding area. While it served as a facility for animal research, it was inadequate and inefficient. To accommodate the needs of the Clinical Investigation Center, plans were started in 1962 to move the animal laboratory closer to building 500 and to expand the space.

In January 1964 the new animal facility was completed in building 14. It included a

preparation room, surgery, special area (with a radiant-heated floor) and side dog runs. A third expansion renovation project was completed in 1968 which provided an increased capability for small and large animal experimentation in the nephrology research program.

Metabolic Ward

In 1964 the Center assumed responsibility for the Metabolic Ward located in the adjacent building (46B). It included 22 beds, a diet kitchen and office space for medical and dietetic personnel. In November 1968 it was learned there would be insufficient space in the new hospital for the patient care. Subsequently, building 62A was renovated and occupied in December 1968.

Move to Present Location

The major development of the facility occurred in July 1968 when the Center dismantled its equipment and moved its records in preparation for the move to the new hospital (9 North, building 500). Because of construction delays, the actual move did not take place until November 1968. The Center was not restored to its full capacity until May 1969.

In the new Clinical Investigation Center there are seven laboratory spaces, a hemodialysis room, a glassware washing room, a conference room, two equipment rooms, seven office spaces for physicians and administrative personnel and a storeroom. While this represents a tremendous improvement over the old facility (46A) the move delayed all scientific progress for almost a year.

Continuing Update

For the remainder of 1969 through 1970 the facility continued to make physical changes to improve efficiency. A major

Clinical

At Your Service



MR. TED XENAKIS, SR., biochemist and supervisor of civilian technicians, prepares a radioimmunoassay on the sophisticated apparatus invented by CIC's own HM2 Gary Burkhardt-smeyer.



DR. GILL CLIFTON, Ph.D., biochemistry, prepares to assay for enzyme activity.

PROFESSIONAL STAFF OF THE CIC includes CDR J. D. Wallin, director; LCDR Stephen Lewis, associate director; LCDR Neil Caplowitz; LCDR Peter Lee; LCDR Michael Hogan; LCDR Donald Kelly; LCDR Michael Kelly.

During this period was the relocation of the Hemodialysis Unit outside the main CIC laboratory which made space for the endocrinology and other research programs. Additionally, the CIC program funded the endocrinology and gastroenterology labs that were located outside the CIC complex. The laboratory will be moved to 6NE, building 6NE, in fiscal year 1975. The only other major change that may be required in the next few years is a new building for the Clinical Facility.

Mission

Since 1957 the mission has remained, "To conduct clinical investigation of a broad and fundamental nature with particular reference to (1) special clinical material available at the Naval Regional Medical Center and of interest to the professional staff of the Center and other Services of the Navy, and (2) as an adjunct to postgraduate medical training and a stimulus for development of the potential clinical investigator."

Tasks

Specific tasks have changed to reflect the demands of the Medical Center. Currently these tasks are as follows:
- Performs research in areas of endocrinology, metabolism, and nephrology, develops and evaluates appropriate endocrinologic techniques in such studies.
- Provides inpatient and outpatient services within the subspecialties of the endocrine staff.
- Provides training for interns and residents assigned to the CIC from various Services and conducts weekly teaching conferences utilizing clinical material available in the hospital and metabolic

- Provides fellowship training in endocrinology and metabolism.
- Provides on-the-job training for Group Ten hospital corpsmen in clinical investigation technology.
- Acts as a Clinical Investigation Review Center for review of clinical research protocols within the Twelfth, Thirteenth, Fourteenth and Seventeenth Naval Districts.
- Provides animal laboratory facilities and assistance for the Clinical Investigation Center and other hospital Services as required for research and training.
- Provides administrative and editorial assistance for the research effort at NRMC, Oakland.

Staff

One of the unique aspects of the Center is the staffing. The principal investigator of the UC/ONR Contract is Dr. Harold Harper, a Ph.D. in biochemistry, and Dean of the Graduate Division. He is assisted by an endocrinologist, Dr. Edward Biglieri. There are four full-time medical officer investigators and two fellows. In addition, there are several part-time investigators and rotating residents.

The technical and supporting staff is made up of 13 military, 7 civil service and 11 university employees. The Hematology Program has one employee supported by cancer research funds.

Although the CIC and RDT&E programs are open to all medical officers, the studies seem to be centered in several Services and for convenience of description they will be referred to as programs.

Main Studies

In the Clinical Investigation Center the major thrust of the research is in two areas—endocrine-metabolic and nephrology. These

two areas are divided into four subprograms. First, lipids and metabolic stress.

The studies in this laboratory place emphasis on newer methods of weight reduction and control and studies in the many unknown facets of diabetes. This program headed by the Assistant Director, CIC, has a major responsibility for guiding the Endocrine Fellow through his research efforts during the first year. At present an ongoing study concerning insulin action and striated muscle glycogen concentration in the normal and diabetic rat in response to carbohydrate or lipid as a fuel is in progress.

Second, the study of steroids and radioimmunoassay.

This research program involves an evaluation of pituitary, adrenal and gonadal hormone production in normal and diseased persons. Particular projects are aimed at

(Continued on Page 6)



Ms. JANE WINER radioactively labels human growth hormone preparatory to radioimmunoassay.

Clinical Investigation Center . . . (Continued from Page 5)

discovering (1) the control of adrenal hormone production, particularly the relationship with pituitary trophic hormones; (2) the pattern of change of hormone production at the onset of adulthood; and (3) the controlling factors of testosterone production. These studies utilize radioimmunoassays to measure the various steroids and trophic hormones.

Third, the hepatology program.

This program currently is involved in the characterization of a group of hepatic enzymes, known as the glutathione S-transferases. The investigators have shown striking similarity between these enzymes and the organic anion-binding protein ligandin, with respect to molecular weight and organic anion binding properties. In addition, it has been shown that this group of enzymes can be induced by phenobarbital. Moreover, they have identified these activities in kidney and have shown that PAH,



A VETERAN EMPLOYEE of the Center, Mr. George Schmidt, prepares an assay.

probenecid and aspirin are competitive inhibitors of these enzymes. Thus a dual role may be proposed for these enzymes consisting of specific enzymatic functions and a "non-specific" transport function as a group of cytoplasmic acceptors in hepatic and renal transport of organic anions.

And fourth, nephrology. This program headed by the Director, CIC, is currently involved in three basic areas: (1) The possible nephrotoxic activity of cytoxan and imuran, two drugs used in renal transplants, is being completed. (2) Free water studies to evaluate the mechanism of action of furosemide and the effects of divalent cations on the kidney. (3) The effects of various pathophysiologic maneuvers on the intrarenal distribution of blood flow.

Other Services

The remaining studies are centered in seven Services outside CIC. They use the facilities of CIC and some have developed laboratories there.

Anesthesiology Service

The Department of Anesthesiology is actively engaged in the clinical investigation of blood levels of morphine sulfate and sodium thiopental as related to the depth of anesthesia. By obtaining selected blood samples from patients anesthetized with nitrous oxide and either morphine or pentothal, investigators have been able to determine the optimum dose and blood level of those agents necessary to produce surgical anesthesia.

A recently completed study evaluated the use of various combinations of sedatives, narcotics and tranquilizers on emergence excitement in the postoperative period.

Future studies are planned to investigate the protein-binding characteristics of morphine and pentothal as well as the levels of the major metabolites of these drugs.

Over the past two years this department has had three publications in major anesthesiology journals and has presented original research papers at six national and international anesthesiology meetings.

Medical Service

The program in the Medical Service centers in two areas. Hematology, which is a special study lab, has been engaged in active clinical and laboratory research for the last 2 years. They have been very active in the Western Cancer Study Group, as participants as well as in generating new protocol studies.

The laboratory has been utilized also by interns as well as staff for research purposes. This is best exemplified by a recent publication in JAMA [whose senior author was an intern] on the regulation of heparin therapy. Over 1,000 reprint requests for this paper have been received. Other projects involving platelet function and eosinophil function are ongoing.

The second area is Gastroenterology, which is a relatively new program at the Center. The new gastroenterology laboratory has been completed except for some cabinet work. The lab will help attain the desired level of clinical gastroenterological competency and will permit continuation of research.

At present that program has three projects underway: (1) clinical physiology and pathophysiology of the esophagus and lower esophageal sphincter; (2) upper esophageal neuromuscular dynamics in patients with globus hystericus and (3) the study of percutaneous liver biopsy in alcoholic liver disease.

Two additional projects being considered are "Gastric ulcer: determinants in healing rate" and bile salt kinetics in patients undergoing jejunoileal bypass for obesity." The research endeavors of the Gastroenterology Branch will of necessity be devoted primarily to clinical research.

Occasionally the other branches of the Medical Service, such as Cardiology, have an ongoing study.

Otolaryngology Service

The Otolaryngology Service has developed a large number of studies. While they do not have a laboratory in this building they, along with Surgery and Orthopedics, have made good use of the animal facility.

Several projects have been completed or are in progress in the Otolaryngology and Maxillofacial Surgery Department. During the past year four articles have been published and 11 papers have been presented at either regional or national meetings. The department has endeavored to obtain a balance between staff and resident support and participation in projects. All but two projects have residents taking an active part in the work.

A project done by one of the residents comparing silastic and autogenous vein sheath on primarily sutured facial nerves in rabbits has been accepted in the final competition for Resident's Award by the American Academy of Facial Plastic and Reconstructive Surgery. Studies such as the "Fate of dermal grafts" not only introduce the residents to investigative techniques but provide additional surgical experience in the Animal Laboratory which would be otherwise unobtainable.

OB-GYN Service

The Obstetrics and Gynecology Service has made use of the facilities of CIC in accomplishing their research. The studies to date have been directed toward two elements. First, they provided a vehicle for current staff residents to participate in formal studies having scientific and clinical interest in obstetrics and gynecology.



FOURTEEN YEARS' SENIORITY attests to Ms. Betty Jean Mahaffay's competence to determine osmolality on the new Hewlett-Packard vapor pressure osmometer.



THE FIRST ARTIFICIAL KIDNEY on the West Coast was kept operative in the Center's hemodialysis unit. Corpsman Jim DeSalvo prepares to perform a dialysis.

Specifically, one study involved evaluation of the drug Quinestrol. Others involved, "Hypothyroidism of pregnancy and fetal salvage"; "Calcium parathyroid relationships"; and "Androgen studies." Second, they provided an ongoing program to facilitate the establishment of an OB-Gyn-Endocrine Fellowship.

In addition to two continuing studies, the Service expects to have several additional ones in fiscal year 1975.

Surgical Service

The Surgical Service during the first year of the CIC program had extensive requirements for equipment in the animal laboratory and submitted one study which was subsequently completed. In fiscal year 1973 and 1974 there were losses in staff that curtailed their efforts. The Service has submitted three studies for approval in the fiscal year 1975 program. They have used the Animal Lab continuously for training.

Orthopedic Service

The Orthopedic Surgery Service participation in the CIC currently consists of one

(Continued on Page 7)

Clinical Investigation

(Continued from Page 6)

study in its second year, and three locally approved studies which have been forwarded to BuMed for approval and funding.

The currently active study related to the effects of meniscectomy in the knees of dogs in April 1974 save for compilation and preparation of results for publication. It is anticipated that two papers will be submitted, one on each of the two phases of the study.

Two of the proposed studies are to be carried out in conjunction with the Nuclear Medicine Branch. They aim at (1) the determination of the age of vertebral body fractures and (2) early determination of onset and healing of aseptic necrosis of the femoral head in adults.

The third study is designed to evaluate the use of a silicone rubber prosthesis for replacement of the radial head which requires surgical removal because of trauma.

Psychiatry Service

The Psychiatry Service attempts to promote and encourage an interest in research with both residents and staff. One manner in which this is accomplished is through their departmental Journal Club where focus is not only on content but on issues of research design.

In addition, research efforts often include collaboration with staff from other departments as well as intra-staff projects. Currently, topics range from sexual attitudes and abortion to physician attitudes about terminal patients, tattooing as a reflection of personality characteristics, and locus of control research.

A number of the psychiatry staff have also published research articles.

Summary

The Medical Center has developed an excellent research facility over the past 20 years. In addition, there is an extremely talented staff of administrative, technical and patient care personnel to assist investigators in both CIC and the other Services.

At the present time there are 25 ongoing research projects in CIC and 39 in the other Services. There are an additional 24 studies being considered for fiscal year 1975.

The Clinical Investigation Center's program provides an excellent atmosphere for residents, fellows and staff members to gain experience in research. Additionally, it provides an essential element to medical officer's training and increases the quality of patient care.

RETIRING MEMBERS of the Armed Forces are eligible to take part in the training programs, counseling efforts and job assistance programs of the Department of Defense's TRANSITION program. Check with your Education and Training Office, ext. 3085.

Election Held For Fund Officers

Because of retirement of several officials and the requirement for two official signatures to be on all checks issued by the Survivors' Assistance Fund, an emergency election has been held naming Mr. F. E. Taylor, Housekeeping Officer, President; Mr. N. B. Brown, Housekeeping, Vice-President; and Ms. Jo Spivey, editor of THE OAK LEAF, Secretary Treasurer. Members of the Board of Directors are Ms. T. Windfrey, Nursing Service; Mr. J. Campbell, Food Service; and Mr. L. Busby, Clinical Investigation Center.

Membership for initial joining of the Survivors' Assistance Fund is \$4, and upon the death of a member and payment to the named beneficiary, there is an additional assessment of \$2.

The last payment made from the fund was on March 1, 1973 to the widow of Mr. Phil Heesch in the amount of \$441.79. The exact amount of a payment to a survivor is determined by the amount of funds in the treasury at any one time of death. At present there is \$950.58 in the treasury, and on the next single death disbursement would be one-half, unless new members have been added in the meantime.

Those wishing to become a member should contact any of the officers or see Mr. Brown, Housekeeping, first floor, building 500.

Take Advantage Of Your Free Legal Aid

To see if you need to make an appointment with your legal assistance officer, take the following self-administered quiz:

Q. Do you have a will?

A. If not, you may need one.

Q. Have you purchased anything recently on an installment contract?

A. If so, you may be paying more and enjoying it less than you should.

Q. Has your income, and hence your income tax, substantially increased due to a reenlistment bonus?

A. Income averaging techniques provided under the Federal Income Tax laws can save your tax dollars.

Q. Need to sell property owned in the States or ship gear after your rotation or transfer?

A. A power of attorney can be drawn to fit your particular need, saving time and trouble.

Q. Have you ever given anyone a Power of Attorney?

A. Unless it contained a cutoff date, it could run for the rest of YOUR LIFE—as dangerous as a blank check.

Q. Need a document notarized?

A. Your legal assistance officer is qualified to act as Notary Public for your sworn documents.

There are many ways your legal officer may be able to help you. Give him a chance. Ext. 2482.

Services Receive Back Pay from 1972 Pay Raise

Military members who served during the period of October 1 - December 31, 1972, will receive a retroactive October 1972 Federal pay raise payment according to a recent Federal Court ruling and the subsequent enactment of the Second Supplemental Appropriations Act. The Act, signed June 8, 1974, provides the Services with funding authority for retroactive payments to military personnel, including those who have since separated or retired.

The Services will begin processing the retroactive payments according to the following schedule:

- Members presently on active duty,
- Members who retired subsequent to October 1, 1972, and
- Reserve members receiving drill pay during the October - December 1972 time frame: Payments begin approximately 45 days after June 8, 1974 and will be substantially completed within an additional 45 days.

- Former members who separate subsequent to October 1, 1972, and
- Former reserve members on active duty for training or receiving drill pay during the October-December 1972 time frame: Payments will be supported by claims which will be paid within 30 to 45 days.

- Reserve members on active duty for training during the October-December 1972 time frame: Payments will begin approximately 45 days after June 8, 1974, and will be substantially completed within an additional 45 days, with the exception of the Navy which will require claims to make payments.

This schedule applies to members who had no change in pay

status during the October-December 1972 period; additional time may be required for processing payments to personnel with pay related changes during the three month retroactive pay raise period.

The Air Force and Marine Corps will make payments to former active and reserve members predicated on the last known address. If payment is not received within 90 days a claim should be submitted. The other Services require claims from former active and reserve members; in addition, the Navy requires claims for making payments to reserve members on active duty for training during the retroactive pay raise period.

Claims, including full name, Social Security number, rank, current mailing address, date separated, and duty station during October - December 1972, should be mailed to:

- Army—For former reservists: last unit of assignment; for former members separated from active duty: Commanding General, U.S. Army Finance Support Agency, FINCS-A, Indianapolis, Indiana 46249.

- Navy—CO, Navy Finance Center, Anthony J. Celebrezze Federal Bldg., Cleveland, Ohio 44199.

- Air Force—Air Force Accounting and Finance Center, AFC, 3800 York St., Denver, Colorado 80205.

- Marine Corps — Marine Corps Finance Center (Exam Division), Kansas City, Missouri 64197.

- Coast Guard—Commandant, U.S. Coast Guard, G-FPA-2/71, Washington, D.C. 20590.



EXTINGUISH IN ASH TRAY, and no butts about it!

Sports

Shorts

Fishing Anyone?

Interested in salmon fishing? If you can urge yourself to get up before 5 a.m. and can find \$17, you too can go salmon fishing. You bring the weights and equipment and they furnish the bait. But...if you can convince a group of 17 (including yourself) to get up at that hour you can go for only \$15 per person. This is an all-day event. The boat leaves the Berkeley Marina at 5 a.m. and returns about 4 p.m. This offer is good for civilians too. So, stir up some interest within your service/division and get a trip going! Further information is available at Special Services.

Tennis Champ Places First

Congratulations to CAPT Gilbert Le Blanc who placed first in the Senior Division Doubles and second in the Senior Division Singles of the Twelfth Naval District Tennis Championships. Good luck in the Pacific Coast Regional Tournament!

Gear Issue Rental Upped

In order to defray the cost of repair and replacement of recreational gear at this command, rental fees have been increased. Prices are comparable with other commands.

All rental fees are on a daily basis:

Camping Gear	
Tent (family)	\$2.25
Tent (3-man)	1.25
Back Pack	.25
Camp Saw	.15
Camp Stool	.15
Coolers	.30
Cots	.25
Heaters	.40
Lanterns	.30
Ovens	.15
Picnic Jugs	.10
Sleeping Bags	.50
Folding Tables	.15
Stoves	.25
Ski Equipment	
Skiis and Poles	1.75
Boots	.50
Toboggans	.35
Miscellaneous	
Bow & Arrows	.25
Golf Bags	.50
Golf Clubs	.50
Reels	.25
Rods	.25
Tennis Rackets	.50
Camp Trailer	7.00

Flag Football Season to Start

The 1974 seven-man flag football season is tentatively scheduled to start the week of September 8, 1974. League days will be Mondays through Thursdays at 5 p.m. Entry blanks may be obtained at Special Services or from the Athletic Director.

INTRAMURAL STANDINGS SLOW PITCH SOFTBALL Through July 16, 1974

Teams	Wins	Losses	Tie	Pct.
Radiology	11	1		.917
EENT	9	1		.900
Personnel	8	1		.889
Ortho	8	2		.800
Dental	7	3		.700
CIC	5	4		.556
OR	6	5		.545
9th Deck	6	5		.545
Lab	5	6		.455
Peds/Ob	5	5	1	.455
Surgery	4	7		.364
CPO	3	6	1	.300
NP	2	9	1	.167
MSC	1	11	1	.077
Ladies 2	0	11		.000

ECONOMIZE! Today's waste is tomorrow's tax dollar! Yours!



YOU HEARD ABOUT our swimming champs in the last issue of THE OAK LEAF. Here's proof the foursome came home with the trophy, being presented to them by RADM Henry A. Sparks. Congratulations again HM2 Gary Burkhartsmeier, LT John Martin, HM2 Fred O'Neill and HMN Bill Johnson.

More

Bits and Pieces

Lab technician Ada Parker has just received a PHT Degree granted by the Baptist Bible Graduate School of Denver, Colorado. It's the "Putting Hubby Through" degree that many wives of interns earn without receiving the certificate. Mrs. Parker was all set to attend graduation exercises at which her husband received his Masters Degree in Theology when she was in a serious automobile accident. Her doctor permitted her the one big thrill of being at the ceremonies before he ordered her to bed for several weeks.

A mother of a patient on 9-W had so many queries as to where she got a button saying "Thanks for not smoking" that she wants to tell all. She invested \$1 in a cleaner indoor environment by joining the Association for Non-smokers' Rights, whose address is 1829 Portland Ave., Minneapolis, Minn. 55404. She even furnished the phone number of ANSR should anyone be in a hurry to join; it is 612-333-5463, and the organization is sponsored by the Christmas Seal organization.

THE VETERANS ADMINISTRATION says nearly 4.5 million veterans and servicemen have trained in less than 8 years under the current GI Bill compared to 2.4 million during 13 years of the Korean GI Bill.

Champus Corner

CHAMPUS EVALUATES PSYCHIATRIC CARE

The Department of Defense has announced new guidelines concerning inpatient and outpatient psychiatric care, including educational services, provided under the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS).

The new guidelines specify that facilities offering the psychiatric care and educational services must have accreditation from the Joint Commission on Accreditation of Hospitals (JCAH) under standards appropriate to that facility.

In addition, the new memorandum on residential (including psychiatric) care involving educational services in the United States said that the care may be approved if a facility has applied to JCAH for accreditation and has met CHAMPUS interim standards approved by the Department of Defense assistant secretary for Health and Environment.

The memo also stated that individuals who, on July 1, 1974, are in facilities which have not met JCAH requirements may be continued under CHAMPUS for a period not to exceed 90 days. This time is allotted in order for the patient to make alternative arrangements.

Movie Schedule

Friday, July 19	
BLACULA—William Marshall, Vernetta Lee—Horror (PG)	
Saturday, July 20	
KILL—Stephen Boyd, Jean Seberg—Drama (R)	
Sunday, July 21	
HICKEY AND BOGGS—Bill Cosby, Robert Culp—Suspense (PG)	
Monday, July 22	
LADY SINGS THE BLUES—Diana Ross, Bill Dee Williams—Musical Drama (R)	
Tuesday, July 23	
BILLY TWO HATS—Gregory Peck, Desi Arnaz, Jr.—Western (PG)	
Wednesday, July 24	
THE SERPENT—Yul Brynner, Henry Fonda—Drama (PG)	
Thursday, July 25	
FIDDLER ON THE ROOF—Topol, Norman Crane—Musical (G)	
Friday, July 26	
SKYJACKED—Charlton Heston, Yvette Mimieux—Suspense Drama (PG)	



KEEP A CLOSE TAB on discount and entertainment bargains at Special Services. New teasers are frequently added to the collection.

The OAK LEAF

NAVAL REGIONAL MEDICAL CENTER, OAKLAND
VOL. 36, No. 14 Tuesday, July 30, 1974

PT-OT School Receives Accreditation

The Physical and Occupational Therapy Technician School of Naval Regional Medical Center, Oakland, has now graduated its second class since its establishment on March 26, 1973. The new technicians are the first in the history of Navy medical training ever to be eligible for state and national licensure as both physical and occupational therapy technicians. Dual qualification is the result of successful negotiations with DeAnza College, Cupertino, Ca., for the awarding of 74 academic credits toward an Associate of Arts degree for physical therapist assistants and approval of the occupational therapy program by the American Occupational Therapy Association.

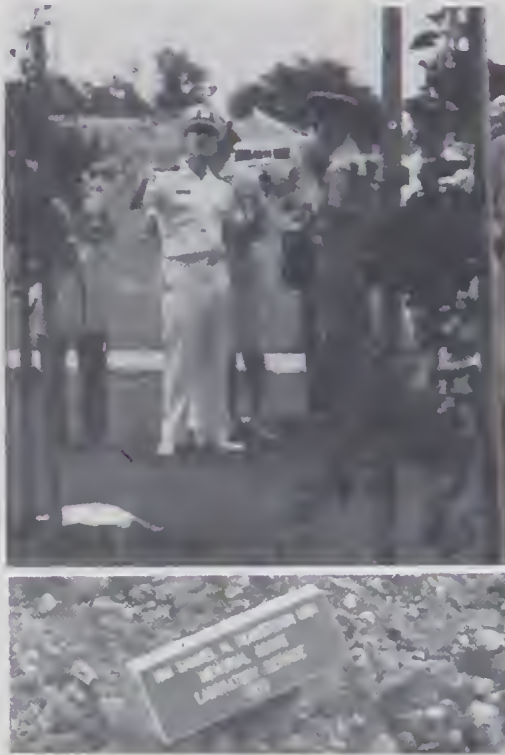
The course of instruction consists of 28 weeks of classroom instruction and clinical application followed by an additional 4 months of clinical internship at one of six naval hospitals.

The make-up of the school staff is CDR Jean L. Heath, MSC, USN, director; LT Michael Skurja, MSC, assistant director for physical therapy; LT James Walker, MSC, assistant director for occupational therapy; HM1 Jerry Koonce, senior enlisted instructor; HM1 Robert Freet and HM2 Richard Fenton, enlisted instructors. LTJG Michael Gosha, MSC, USNR, anatomy instructor, was recently transferred to Naval Regional Medical Center, Great Lakes, Ill.

The current class, which convened on June 17, has an enrollment of 19 students.



Ginkgo Trees Planted As Memorial



Laboratory Service personnel gathered outside the hospital to pay tribute to a lost shipmate, HM1 Samuel M. Henderson, through the presentation of six ginkgo trees as a living memorial to his service with them as a Lab technician. CAPT M. Borowsky made the presentation to RADM Henry A. Sparks, who received the trees for the hospital.

"Hospital Corpsman Henderson was one who worked with us as an instructor in the Lab School," said CAPT Borowsky, "one who played on the Lab teams in sports events, and who devoted much of his after-hour time to being a good shipmate and leader."

His fellow workers joined in planting the stately ginkgoes to his
(Continued on page 2)



NEWLY GRADUATED physical and occupational therapy technicians are in the foreground at Naval Regional Medical Center, Oakland, as they become eligible for state and national licensure. Shown [front row] are staff instructors HM2 G. Mettee, HM1 J. Koonce, LT M. Skurja, MSC, USN; CDR J. Heath, MSC, School Director; and staff instructors LT J. Walker, LTJG M. Gosha, MSC, and HM1 R. Freet. [Row two]:

HM3 L. Rouillier, HM3 D. Higgins, HM3 D. Baker, HN E. Esarey, HM3 M. Beatty, HM3 V. Abe, HM3 D. Terstegen, HM2 J. Jacobson, HN R. Villarreal, HM2 S. Silverman. [Row three]: HM2 M. Broz, HM3 R. Trissel, HM3 A. Olsen, HM3 A. Davies, HM3 J. Christensen, HM3 J. Kempfer, HM3 J. Reisen, HM3 B. Butler.

The Oak Leaf

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer,
CAPT George F. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services,
Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka

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THE OAK LEAF receives American Forces Press Service material. Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Regional Naval Medical Center, Oakland, California 94627.

+ + Chaplain's Corner + +

PSALM 72

O God of love,
grant to Your sons and servants the grace
to represent you effectively
in our discordant world

Give us the courage
to put our lives on the line
in communicating life and truth
to all Your creatures
Wherever they may be found

Where there is injustice,
may we diagnose its cause
and discover its cure

Where there is bigotry,
teach us how to love
and how to encourage others to love

Where there is poverty,
help us to share the wealth
that has come from Your hand

Where there is war and violence,
may we be peacemakers that lead men
to Your eternal peace

Help us, O God, to become what You
have destined and empowered us to become.
Where there is darkness,
may we become the rays of Your sun
that banish the gloom of lonely lives.

Where there is drought,
let us be like fresh flowers
that turn barren deserts into green meadows.

Where there is ugliness and distortion,
enable us to portray the beauty and order
of Your will and purpose.

LCDR E. P. WINTERFELD, CHC, USN

Think Twice . . .

Before Withdrawing Your

Federal Retirement Contribution

If you would like to make a rough calculation of what your civil service annuity would be at retirement, here is the formula:

First, estimate your average annual earnings based upon your highest three consecutive years of salary. Next, multiply the "high 3" average by 1.5% times your first five years of service. Then multiply the "high 3" average by 1.75% times years of service in the next five-year period. Then multiply the "high three" average by 2% times all years of service over ten. Total the results. This will be the yearly annuity. If you elect a survivor annuity, your annuity will be reduced and your widow (or widower) will get a benefit of more than half of your

own annuity. Your annuity is, of course, subject to cost-of-living adjustments.

A final word to the wise: if you are leaving Government employment before you retire, and if you are considering taking a refund of your retirement contributions, ask yourself if you can afford it.

Employees interested in more details on the subject should ask for a copy of the booklet "Retirement Benefits When You Leave Government Early" (SF 2802-A) which is available through agency personnel offices.

KEEP AIR INTAKES closed when driving in a tunnel to keep out excessive carbon monoxide.

Who's Been Doing What . . .

Aerospace Rep To Visit NRMCO



Instead of air-lifting interns to Pensacola for tours and briefings at the Naval Aerospace and Regional Medical Center, CDR James E. Wenger, MC, USN, a flight surgeon, will visit Oakland on July 31 to provide orientation for medical interns interested in aerospace medicine.

Student flight surgeons have been trained in Pensacola since 1939. They receive 6 months of instruction, including flight training. Flight surgeons gain opportunities to further their training in aerospace medicine in either clinical or research areas while remaining a part of the Navy's aviation community.

The new policy of providing orientation at the home facility will eliminate some of the staffing problems created formerly when interns from the larger commands were flown to Pensacola for a 5-day briefing.

CDR Peterson

To Bid Us Adieu

Soon NRMCO will be saying farewell to its present Chief of Nursing, CDR Lee Peterson, who is scheduled to become Chief of Nursing Service at Whidbey Island Navy



Hospital, Oak Harbor, Washington. CDR Peterson will be relieved by CAPT Kathryn E. Zabel, completing service at Yukosuka, Japan.

During the Commander's brief tour she can be credited with upgrading services in many areas, especially for civilian employees. She has recently instituted a refresher course in pharmacology for LVNs; medical terminology classes were initiated for enlisted personnel and office workers; she provided a billet for a civilian clinical instructor—and she instituted a new orientation program for personnel, to acquaint newcomers with all departments of the hospital.

Smooth sailing as you go on to other challenges, CDR Peterson.

Born at . . .

Staff babies born at Naval Regional Medical Center Oakland:
On July 15, 1974, Rodney Michael Washburn, 7 pound, 14 ounce son of Lynda and LCDR Michael D. Washburn, on July 15, Richard John Kerr, 8 pound son of Leslie and HMJ John R. Kerr.

Extra Measure Given By Sailor Of Month



Long ago the Sage of East Aurora said that "Initiative . . . doing the right thing without being told to do it." Which seems to be the code of conduct for Hospital Corpsman Second Class Gerald D. Parkinson of Psychiatry Service.

The Commendation naming him Sailor of the Month for June lauds Petty Officer Parkinson as " . . . an outstanding technician in all respects, who consistently offers an extra measure of enthusiasm and involvement." His involvement and leadership have made a great contribution to group therapy, ward milieu and patient-care planning on Ward 5-East where, according to his supervisors, "He demonstrates a superior ability in applying the principles of psychiatric nursing in his position as Senior Corpsman."

Gerald is married to the girl he loved even in Junior High School back in Belle Verne, Pa. The two live in San Leandro, and presently Gerald is taking some courses from Cal State, Hayward, and doesn't have too much time to pursue hobbies. One hobby is piano, and movie themes and semi-classical music holds his attention, but recently he has purchased a guitar and hopes to spend some relaxing moments a-strumming.

Ginkgo Trees

(Continued from page 1)

memory, themselves digging the holes and installing the braces.

The Public Works Service has a master plan for the planting of memorial shrubs and trees on the Medical Center compound. Public Works will do the planting for \$50 a tree, but they willingly will furnish instructions and details for individuals or departments who wish to provide a living remembrance for either a deceased or a living person.

At the present time Orthopedic Service is planning a memorial to shipmate HM Fred Mahalik, who recently lost his life in a motor cycle accident.

(Pull and Save)

1974-75 Interns and Dental Residents



STEPHEN A. BAEZ
Rotating 0
Jefferson Medical College



JAMES C. BARSZ
Rotating 0
The University of Arizona



RICHARD D. BLEVINS
Rotating 0
The University of Colorado



WILLIAM H. BULOTA
Rotating 0
The University of Pittsburgh



DUANE M. BURINGRUD
Rotating 0
Texas Tech University



DAVID L. CRANE
Straight Surgery
The University of Oklahoma



THOMAS P. DRESSER
Straight Medicine
University of Missouri, Columbia



WILLIAM C. DUDLEY
Psychiatry
The University of Arkansas



JAMES B. FLOREY
Pediatrics
Tulane University



JOSEPH C. GAMBONE
Rotating 0
Philadelphia College



RANDAL B. GIBB
Rotating 1
University of Utah



MAURICE E. GRAHAM
Rotating 0
The University of Arkansas



H. DALE HARRIER
Rotating 2
The University of Michigan



HARRY P. HOFFMAN
Rotating 0
Hahnemann Medical College



TERRANCE L. HOUGH
Rotating 8
Bowman Gray



STEPHEN T. HOWARTH
Rotating 0
Bowman Gray



DONALD R. JOHNSON
Rotating 0
University of Kansas



DAVID M. KERR
Pathology
The University of Michigan



MARK M. LAU
Straight Surgery
The George Washington University



TERRY A. LEWIS
OB GYN
The University of New Mexico



VAUGHN G. MARSHALL
Rotating 7
The University of Oklahoma



JOHN P. NAVINS
OB GYN
The University of Minnesota, Minneapolis



RICHARD M. OLIVIER
Rotating 1
Louisiana State University



RODOLFO V. PUNZALAN
Rotating 0
Manila Central University



JAMES H. REES
Rotating 2
University of Utah



CHARLES R. ROST
Straight Medicine
Temple University



STEVEN D. ROWLEY
Straight Surgery
University of Utah



GEORGE H. SIMMONS
Rotating 7
University of Illinois



NORMAN M. WILLIAMS
Pathology
Texas Tech University



PAUL L. WILLIAMS
Straight Medicine
The University of Arizona

Dental
General Practice
Residents



JOHN A. BERUDE
UCLA



FREDERICK R. CARLIN, JR.
Case Western Reserve



COLIN C. CRAIG
University of Washington



DOUGLAS E. MITCHELL
University of Missouri,
Kansas City



KENNETH E. PERINO
University of Washington

Sports Shorts

INTRAMURAL STANDINGS SLOW PITCH SOFTBALL

Through July 25, 1974

Teams	W	L	T	Pct.
Personnel	12	2		.857
Ortho	11	2		.846
EENT	10	2		.833
Radiology	10	2	1	.769
Dental	10	4		.714
OR	7	6		.538
CIC	7	6		.538
9th Deck	7	7		.500
Lab	6	8		.429
Surgery	5	7		.417
Peds/Ob	5	8	1	.357
CPO	3	10	1	.214
NP	3	9	2	.214
MSC	2	10	1	.154
Ladies plus 2	0	13		.000

TWELFTH NAVAL DISTRICT MEN'S GOLF LEAGUE

Final League Standings

	Won	Lost
NAS Alameda*	9	1
NAS Moffett Field	8	2
NAVREGMEDCEN		
Oakland**	5	5
NAVSTA Treasure Island	5	5
NAVSUPACT		
Mare Island	2	8
NAVWPNSTA Concord	1	9
* "A" Champions		
** "B" Champions		

MSC Cakecutting To Be August 10

The Medical Service Corps officers will be celebrating the 27th anniversary of the establishment of the Medical Service Corps with a dinner at the Commissioned Officers' Mess (Closed) on August 10.

Retired officers, civilian guests and their ladies will share in the ceremonious once-a-year occasion. Following the cake-cutting ceremony there will be dancing to music provided by the 12ND Navy band.

Tickets at \$12.50 per person are available from LCDR D. M. Kouns, MSC, exts 2123/2244.

SAFETY CHECK

Keep paint thinners and solvents in metal cans.

New Reserve To Be Formed

The reserve program in the Bay Area is seeking qualified medical personnel to fill augmentation and support billets in three new medical reserve companies being formed. Members can be attached to reserve training centers at Alameda, Treasure Island and San Jose, but weekend drill duty will be conducted at NAVREGMEDCEN (Oak Knoll) or at local base dispensaries. The hospital currently has a special need for EENT and pharmacy personnel.

These billets provide for 48 paid drills per year. A reservist receives 4 days' regular Navy pay for one weekend of drills. In addition to pay, reservists have exchange privileges, uniform allowances, two weeks training duty with full pay and allowances, certain tax write-offs and the chance to earn retirement pay.

If you would like further information about this program contact LCDR George Taylor, MSC, at 639-2237, Training & Education, building 105.

Families Are Involved At Reenlistment Time



HM1 RAYMUNDO F. PURA
2nd Reenlistment
Member works at PMT School.

HOME HAZARDS are second only to those on streets and highways as accidental killers. In one year nationwide accidents at home caused 27,200 deaths and 4,200,000 disabling injuries. No doubt many of the people were aware of the accident hazard and fully intended doing something about it "Tomorrow."

Champus Corner

THE BASIC PRINCIPLE

CHAMPUS (Civilian Health and Medical Program of the Uniformed Services) is a broad-ranging program of civilian health care for certain categories of military-related personnel.

It is available to dependents of an active-duty serviceman when military facilities cannot provide treatment, but it is not available to the serviceman himself. It covers retirees and dependents.

The basic principle of CHAMPUS is that the government pays the major portion of both inpatient and outpatient care while the user pays a minimal share. The major guidelines are these:

—CHAMPUS users are liable for the first \$25 of a hospital charge or \$3.50 per day, whichever is greater.

—Costs for outpatient care are handled on a yearly deductible basis. The user is liable for only a \$50 deductible charge for one dependent or \$100 for two or more dependents. CHAMPUS covers the remainder.

—CHAMPUS pays 75 per cent of the reasonable charges of hospital and professional personnel. The user is liable for the other 25 per cent.

For a better understanding of how CHAMPUS works, see your local CHAMPUS advisor.

Movie Schedule

Tuesday, July 30
LIGHTNING SWORDS OF DEATH—Tom Wakayama, Goh Kato. Action Drama. R.

Wednesday, July 31
LOVIN' MOLLY—Anthony Perkins, Blythe Danner. Drama. R.

Thursday, August 1
RETURN OF SABATA—Lee Van Cleef, Reinier Schone. Western. PG.

Friday, August 2
THE MECHANIC—Charles Bronson, Jan Michael Vincent. Drama. PG.

Saturday, August 3
THE WEEKEND KILLERS—Anna Moffo, Gastone Moschin. Suspense Comedy. R.

Sunday, August 4
FISTS OF FURY—Bruce Lee, Maria Yi. Action Drama. R.

Monday, August 5
WHAT'S UP, DOC?—Barbra Streisand, Ryan O'Neal. Comedy. G.

Tuesday, August 6
ASSASSIN—Ian Henry, Edward Judd. Drama. None.

Wednesday, August 7
THIEVES LIKE US—Keith Carradine, Shelley Duvall. Drama. R.

Thursday, August 8
CABARET—Liza Minnelli, Joel Grey. Musical. PG.

Friday, August 9
JEREMIAH JOHNSON—Robert Redford, Charles Lyner. Drama. PG.

Saturday, August 10
BOOK OF NUMBERS—Raymond St. Jacques, Freda Payne. Drama. R.

Sunday, August 11
THE GODSON—Alain Delon, Nathalie Delon. Action Drama. PG.

Monday, August 12
BONCAR BERTHA—Barbara Hershey, David Carradine. Drama. R.

Tuesday, August 13
MISTRESS PAMELA—Julian Barnes, Dudley Foster. Romantic Farce. R.

Wednesday, August 14
PIRANHA—William Smith, Peter Brown. Adventure Drama. PG.

Navy Good Conduct Award



HM3 DONALD R. MCTIER
Fidelity — Zeal — Obedience
First Award

NENEP

Applicants Sought

The career counselor of NRMCO has had six applications filed for acceptance in the Navy Enlisted Nursing Education program. The program offers the opportunity to any high school graduate (age limit 23 years), with a grade average of C plus, an invitation to "Come on and have a career in the Navy in nursing!"

Each year about 150 applicants are chosen Navywide for the training which pays about \$470 a month plus all books and tuition expenses while in college. The Bureau has about 125 colleges participating in the program and upon completion of the study the student becomes an Ensign with a Bachelors Degree in Nursing. Besides the fulfillment of a career the graduate receives a starting salary close to \$1,000 a month.

The Bay Area applicants frequently take their training at U.C. Berkeley or San Jose State University.

Career Counselor HMC G. Thames says there is still time to call extension 2027 to receive details.

Rescue Instruction Given Corpsmen

Not a ripoff, but a lesson in a quick rescue procedure for an emergency medical technicians' course is being demonstrated by HM1 James Brasseur as a class of about 15 corpsmen observe. With a big K 12 rescue saw, the instructor took only about 5 minutes to get into the wrecked car, which in an emergency situation might be a critical means of saving a life. The first class of this type to be offered on base requires 12 weeks, one hour sessions each Tuesday and Thursday.



The OAK LEAF

NAVAL REGIONAL MEDICAL CENTER, OAKLAND
VOL. 36, No. 15 Tuesday, August 13, 1974



Central Appointments Goes Modern



FOR A SHORT PERIOD, incoming calls were put on hold so that the operators and their supervisor, Mrs. Lillian Winfield, might have a moment's pause to celebrate the opening of their new offices. The Commanding Officer was on hand for the official ribbon cutting.

Life can be beautiful, 'tis said, but for a long time, the eight women in the rather dismal Central Appointments quarters in building 38 have felt a bit like the orphans of the compound. August 7, 1974, however, marked a day of change. The move to building 73A (adjacent to and west of Security) is a change that has been long awaited with utmost anticipation.

With fresh paint and a clean smell, the whole atmosphere has now turned a bit lighter. Of course modern lighting helped tremendously to brighten things! And with carpets and drapes, which are soon to be installed to help keep the noise level down, life is surely looking up! But more yet. . .

"Look, Maw, two hands!" The new hands-off Starlite head sets permit the use of two hands for



performing chores. Then, too, it is good to know that air conditioning has been programmed. Dreams seem to be coming true for the operators.

(Continued on page 2)

First Medical Terminology Course Completed

When a doctor dictates "below knee" in his case history and it comes out "baloney amputation," be sure that some steno needs to

take a course in medical terminology.

Twenty-six interested persons have just completed a brief introductory course to help them on the way to understanding the difference between such words as maxilla and axilla. It has been proved that knowledge helps hearing; and by knowing certain prefixes and suffixes certain mistakes can be avoided. Febrile indicates having fever, afebrile means no fever, and the same with asymptomatic and so on.

Chabot College this fall is offering a credit course in medical terminology, but it is felt that if sufficient interest is shown for more in-depth study that there is a possibility of securing professional instructors and bringing medical terminology and pharmacology courses on base. Interested persons should contact Mr. Robarge, ext. 2116; Mrs. Betty Winsby, ext. 2048; or Mrs. Tinnie Winfrey, 2100.



DR. GAREIS and Ada Frazier, RN, look over the Adolescent Clinic's appointment calendar for the day. Office hours are 9 a.m. to 4:30 p.m., 5 days a week.

Enthusiasm Shown For Adolescent Clinic

Whatever you call a young man or a girl between ages 13 and 18, just don't speak of him or her as "a child." And don't send adolescents to the Primary Care Clinic for treatment. Our youth in that salad age between childhood and maturity now have their own clinic. It is in the freshly painted and renovated building 62-B.

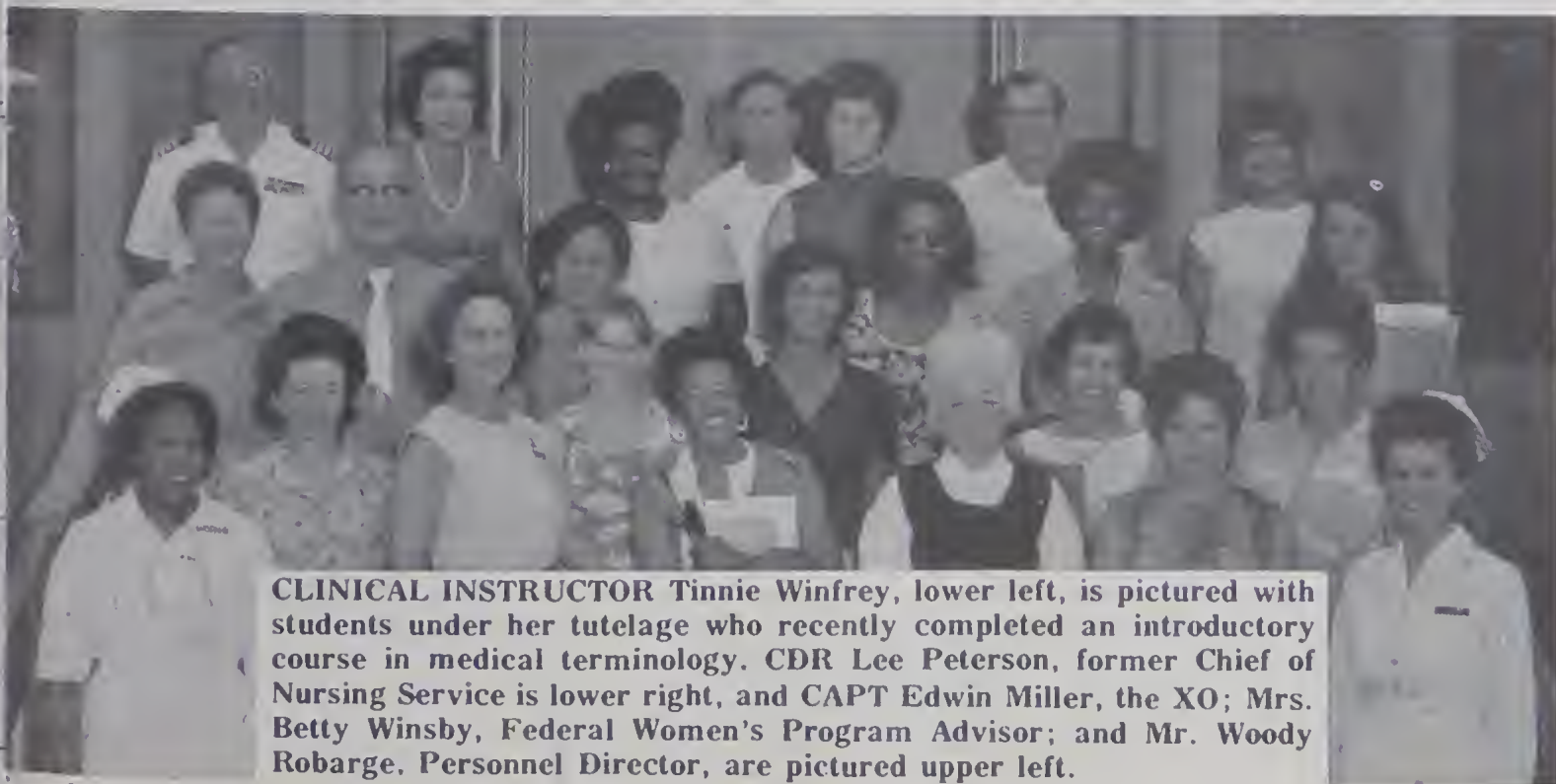
For two months Naval Regional Medical Center has been operating a full-time clinic for adolescents, unique in the Bay Area as far as military medicine is concerned. It is set up under the guidance of the Pediatrics Service and is staffed by pediatricians on the staff. Consultants are from the Orthopedic, Psychiatric, OB-GYN and Dermatology Services.

CDR Frank Gareis heads the

clinic and weekly pediatric resident LCDR Forrest Beaty who is specializing in the problems of youth at San Francisco Children's Hospital spends a day at the clinic. Rotating residents at the moment are LCDR Jay Noffsinger and LCDR Douglas Stetson. Mrs. Ada Frazier is the registered nurse in charge, assisted by Dorothy Davis, LVN.

In the clinic's short existence, it has administered to over 600 patients. At this time of the year upper respiratory infections are still a Number One enemy, although a wide spectrum of problems, ranging from allergies to sports injuries share the complaint list.

For an appointment, call extension 2488.



CLINICAL INSTRUCTOR Tinnie Winfrey, lower left, is pictured with students under her tutelage who recently completed an introductory course in medical terminology. CDR Lee Peterson, former Chief of Nursing Service is lower right, and CAPT Edwin Miller, the XO; Mrs. Betty Winsby, Federal Women's Program Advisor; and Mr. Woody Robarge, Personnel Director, are pictured upper left.

The Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services,
Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka, HN Paul Tooley

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THE OAK LEAF receives American Forces Press Service material. Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Regional Naval Medical Center, Oakland, California 94627.

+ + Chaplain's Corner + +

THE CART BEFORE THE HORSE

To some, the world of nature is a place to look for God. This is a day of emphasis on ecology, of concern for all of nature. For those who invest the major part of their spiritual energy in this concern, "communing with nature" is believed to be a way to come upon God. Although there is a strong element of reality in the association of God and nature, it is easy to fall into the kind of error the title phrase might describe—the reverse thinking that God is real because of the wonder and beauty of nature rather than the realization that nature is wonderful because of God.

Psalms 19 is a description of God in nature. The psalmist did not hope to find God in the world; he saw Him there because he sensed Him within. He did not believe in God because of what he experienced in nature; he loved nature because he believed in God. He did not commune with nature; he communed with God and as he did so all nature spoke to him of God's presence.

The next time you marvel at the beauty of nature, remember that it is the creation of a loving God. Be sure you worship the Creator, not merely His creation.

JOHN E. THOMPSON, CAPT, CHC, USNR



NAVY MOTHERS just don't forget! Mrs. Donna Beard and Mrs. Lida Jensen are fairly regular visitors at the Medical Center, and this time they arrived with a check for \$185 from the National Commander, Navy Mothers Clubs, to be spent for tape recording equipment for the patients.

Memorial Fund Established

The Dorothee B. Prentice Pediatric Library Memorial Fund now totals \$1,239. The fund is to provide materials to aid doctors and nurses in their perpetual search for a richer understanding of the emotional impact of hospitalization on the child and his parents. The memorial service for LCDR Dorothee Prentice, NC, USNR, was July 15, 1974, and contributions to the memorial fund, to be administered by the hospital, are being received care of Commanding Officer, Naval Regional Medical Center, Oakland 94627.

GREAT IS YOUTH—equally great is Old Age—great are Day and Night. Great is Wealth—great is Poverty—great is Expression—great is Silence.

Walt Whitman—
Leaves of Grass

THE SHORT SHEET

Retirement Before October 1 May Have Beneficial Aspects

"Save-pay" legislation is not expected to be passed in time to help those retiring at the end of this year. Military personnel contemplating retirement should become familiar with the contents of NAVOP-112 so as not to suffer a loss in retainer pay.

DOD To Hire Retired Military Doctors

In an effort to help ease the critical shortage of military doctors, DOD has received approval from the Civil Service Commission to waive the provisions of the dual compensation act to hire regular retired military doctors. The dual compensation act provides that retired regular officers who work for the Federal Government must forfeit one-half of their retired pay in excess of \$3,250.41 a year. The waiver will allow regular retired military doctors hired by DOD to draw their full retired pay as well as Civil Service salaries. Doctors given appointments will work in hospitals and clinics at GS-11 through GS-14 ratings. The appointments of the doctors will be for 1 year, but may be renewed.

SecNav Signs Equal Opportunity Policy Statement

The SecNav signed a new policy statement reaffirming support and that of the Department of the Navy of equal opportunity for all Navy and Marine Corps military and civilian personnel.

DOD Sets Liberal Leave Policy

The Department of Defense is urging all military personnel to use the 30 days of leave they earn each year and is encouraging all commanders to plan for annual leave for all their people to help them use an average of 30 days of leave per year.



MORE AND MORE the Navy recognizes the very important role the spouse plays in keeping the military man or woman content on the job. The interns' wives and other new arrivals, including Mrs. Henry A. Sparks, pictured center, were taken on an indoctrination tour of the hospital. The dental clinic, pediatrics ward, word processing unit, and NPRL were the service areas visited. LTJG Wm. Joseph and ENS A. S. Gesh conducted the tours.



Photograph by George Champagne, Naval Air Station Photo Lab

DR. SIDNEY EMERSON, a Los Banos Optometrist who is a Lieutenant Commander in the Naval Reserve, is lecturing to a group of military optometrists at a military optometric seminar recently held at the Alameda Naval Air Station.

Seminar Held

A tri-service military optometric seminar was recently held at the Medical Dispensary, Alameda Naval Air Station.

Darrell Carter, Ph.D., O.D., Professor of Optometry, University of California, discussed and demonstrated a new soft contact lens which was recently approved by the U.S. Food and Drug Administration.

MAJ Dennis Ditmars, MSC, USA, Chief, Optometry Clinic, Letterman General Hospital, discussed research he has conducted concerning color vision through a new type of contact lens.

LCDR Sidney Emerson, MSC, USNR-R, a reserve optometrist who practices in Los Banos and drills at NAS Alameda, gave a lecture on fixation disparity testing, a technique for evaluating a muscle imbalance of the eyes which causes visual discomfort.

CAPT Fred Austin, MC, USN, Assistant Chief, Ophthalmology, Naval Regional Medical Center, Oakland, gave a slide presentation on ocular pathology.

CDR Ernie Ball, MSC, USN, Head, Optometry Clinic, Naval Regional Medical Center, Oakland, introduced the speakers. The program was conducted under the direction of CAPT Neal Sanborn, Senior Medical Officer, Alameda Naval Air Station.

Central Appointments

(Continued from page 1)

But the Number One big change is new equipment. It means less frustration for both the operators and the public. The Centrex telephone system will permit eight people to talk at any one time and patients will get fewer busy signals because the system can hold up to 12 calls. The hold calls will be taken in sequence just as soon as each previous one is finished. Now both surgical and medical appointments will be made through Central Appointments, and some 600 callers per day will, hopefully, be better satisfied.

The Centrac rotary file, which can make a complete revolution in 14 seconds, will permit any operator to handle any call. A certain operator does not have to make appointments for a certain clinic. The teflon clutches on the high speed rotary can stop it instantly. They protect the operators from getting an arm caught and possibly receiving injury.

For "customers" outside the Bay Area, besides getting through quicker, appointments may now be made toll-free. The WATS line is (800) 772-3110, and it will serve all of Northern California. For Oakland and the East Bay, 639-2501 is the number; or call 2501 in house.

Yes, life now is definitely more beautiful—both for the operators and the public!

Who's Been Doing What . . .



The aura of Hawaii with its profusion of exotic flowers, leis and songs brought a transformation to the old Fire Station on Wednesday noon, July 31. It became an isle of feasting for Operating Services, a portion of Public Works, and hospital friends gathered to wish a fond farewell to LT Buddy Sparks.

In taking off for Barber's Point Dispensary, Hawaii, the former Chief of Operating Services, went

loaded with gifts. Some were presented in fun, such as the miniature basketball goal. With practice for wastebasket pitching he may become more proficient 'tis hoped. Many of the guests took turns in wearing Buddy's gift hula skirt and a desk set with a red fire hat will be his reminder that he was accepted as honorary fire chief.

LT David Fowler is welcomed aboard as the new Chief of Operating Management Services.

More Farewells Said



DENTAL SERVICE held a luncheon at the Officers' Mess (Closed) as the send-off for two roving staff members. CAPT Homer S. Samuels left for Taipei, Taiwan, with a ship's barometer in hand to alert him to possible typhoons, as he serves there as the commanding dental officer. CAPT Carlton J. McLeod, in leaving to serve as Deputy Commanding Officer of NRDC, Great Lakes, Ill., was given long underwear to help him survive the coming long hard winter after departing the Bay Area.

Retirement Taken



SMOOTH SAILING
CAPT and Mrs. Frank K. Schmetz
20 years, 5 months, 8 days

Navy Good Conduct Award

HM2 Joyce Anne Burris
First Award

REENLISTING
DTCS Leroy A. Kohn
6th Reenlistment

Born at . . .

Staff babies born at Naval Regional Medical Center
On July 29, 1974, Allison Regner, 7 pound, 3 ounce daughter of Clarice and HM3 Bennie J. Regner on August 6, Crystal Rochelle Decastro, 6 pound, 1 ounce daughter of Mercedita and MM2 George E. Decastro (NSC Branch Dispensary).

Bits and Pieces

Who would argue that Fall isn't just as good a time as Spring for wedding bells? HM3 Marilyn Petrusha, who works in Enlisted Personnel, from Libby, Mont., and Rick Jones, Duplicating employee, from Great Falls, Mont., have picked a September date.

HM1 David Krueger, Enlisted Personnel, is thinking in terms of marriage also, but he's running scared on where his next duty might be. He's hoping for a school and not a ship. The girl of his dreams is back East and could easily be transported to, say, a place like San Diego.

Guilty! Caught in the act! Fifteen fishermen from Enlisted Personnel were chased back to shore after the Coast Guard found their craft was polluting the atmosphere. Two hours out, and nary a line dropped either!

HM1 H. Wipperman, PMT instructor, is still heckling personnel clerks because his name failed to make the entrance bulletin board at the time of his reenlistment. Employees are thinking about slipping a bribe to Special Services and beg them to put up a belated announcement.

Ah, the little joys of life! Did you ever stop to think how pleasurable can be the eating of corn-on-the-cob and gnawing of spareribs? CDR Nancy Hatch, OR supervising nurse, says she expects to have the hardware off her teeth by the first of the year—or, who knows, she might plan a Christmas menu around that very important occasion. Another woman with braces says she has discovered what it is like for a parent to hate a child—she watches her young son chomp corn-on-the-cob, and she can't.

LCDR J. D. De Laughter knows the value of scrap paper, but he also is cognizant of the cost of elbow grease to make it valuable. Ten leaders took 20 Boy Scouts around the San Leandro area collecting old newspapers. The Scouts handled 21,000 pounds of paper that weekend, for which they received \$200.

Chaplains on the sick list are LCDR Winterfeld and LTJG Borkowski. With Father Murray off backpacking and CDR Murray on vacation in Mississippi, CDR Thompson is the only one left to carry on the duties of that busy office.

Steve Samuels Is Sailor of Month



Hospitalman Steve Samuels, Nursing Service, 7-West, who is "never idle" hails from Kansas City, Mo. He took his Hospital Corps training in San Diego. He lives on base, but says he is lucky to have friends with cars who have helped him cover the area. When his parents arrive for their vacation next month, he expects to see a lot more of California.

Steve helped the Personnel basketball team pull through for first last season, but he also enjoys the quieter hobby of reading—mainly history and philosophy. Most of his close friends know that he is a well-informed buff on the writings of Hermann Hesse, and it's hard to slip him a Hesse book that he hasn't read.

Although Steve has 2-1/2 years of duty to complete before he need worry about his future, he likes the field of medicine so well he feels his future will be in that direction.

In his selection as Sailor of the Month for July, the Command recognizes him with "Well Done" in the Navy tradition.

CLIP AND SAVE
NEW TELEPHONE NUMBERS
FOR MAKING APPOINTMENTS
For Oakland and East Bay Area
639-2501
—
In House 2501
—
For Northern California
[No Charge]
800-772-3110



GRADUATES OF LABORATORY Technician School, Class 7405, are IIN Richard Cornwell, IIN George Lockhart, HA Michael King, HM3 John Croll, HM3 James Christeson, IIN Charles Mack, IIA Anthony Adolfo, IIN Tim Schoenbeck, IIN Dot Cleary, IIN Greg Lehmer, HM2 Michael Rouff, IIMC C. Palmer [left] and HMC W. Booth [right] are instructors.

Sports Shorts



THE 1974 NRMCO WOMEN'S TENNIS CHAMP is Marge Williams with her runner-up Elsa Page, both MSC officers. Athletic Director Ron Brown is happy about the whole thing too.

WANTED—Active Duty Military Only!

Men bowlers to form a varsity team to represent NRMCO in the 12ND.

There will be roll-offs held on Sept. 10, 11, 12, 1974.

Roll-offs will consist of six games a day. Interested personnel must carry at least a book average or a current average of 165.

Contact MM1 Pierce, the bowling alley manager, ext. 2120.

12ND CONTINUOUS POCKET BILLIARDS CHAMPIONSHIPS

This event will be held August 30-31, at the Naval Air Station, Lemoore Recreation Center, building 860, 7 p.m.

12ND SPORTS & RECREATION SCHEDULE FOR 1974

August 27-29—Badminton—12ND Men's Championships, NAS Moffett Field—7 p.m.

September 20—Cross-Country—Invitational, NAVSTA Treasure Island—5 p.m.

September 22—Horseshoes—12ND Championships, NAVSUP-PACT Mare Island—9 a.m.

October 7—Bowling—12ND Men's League—7 p.m.

October 7—Bowling—12ND Women's League—7 p.m.

Credit Union Extends Hours

The staff and retired military folk who make up the community of "Oak Knoll" are continuing to show such enthusiastic support for the Alameda Coast Guard Federal Credit Union that the hours of operation have been expanded. The office is now open from 9 a.m. to 3 p.m., 5 days a week. That office, in building 101 (PMT School), has become fully computerized. That means on-the-spot loans are available, and that savings accounts can be kept current at all times.

Peggy Griffin, ext. 2521, will answer all questions about those seven per cent interest rates now being paid.

**What
kind
of fool
would get
involved in
something
that:
Is without
profit?
Has impos-
sible hours?
Is involved
in one dis-
aster after
another?
That even
asks for
blood?**

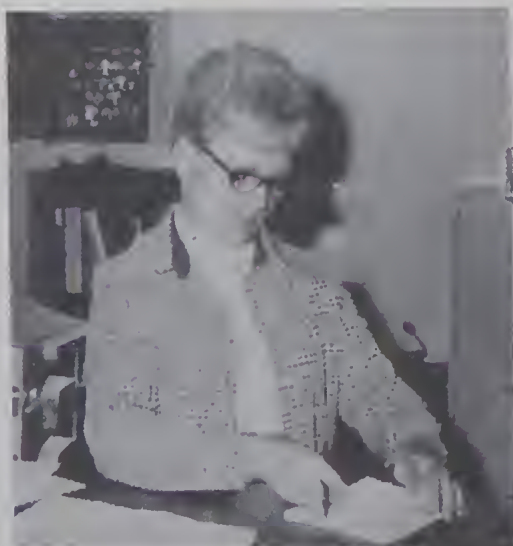


WOULD YOU BELIEVE that MRS. LEE CARR, laboratory receptionist, is that kind of person, and has been serving full time as a Red Cross volunteer since November 1973? On August 7, 1974, her assistance was duly recognized by the Commanding Officer.



The American Red Cross

Office Shifts Are Made



"MRS. HOUSING," otherwise known as Mrs. Evelyn Lange, gives tired house hunters a boost with their chores.

Movie Schedule

Tuesday, August 13
MISTRESS PAMELA—Julian Barnes, Dudley Foster—Romantic Farce (R)
Wednesday, August 14
PIRANHA—William Smith, Peter Brown—Adventure Drama (PG)



Jasper Ankel, interpreter of Keyboard Americana, will be on-stage Thursday, August 15, in the Clinical Assembly, at 5:30 p.m.

FREE! YOU-ALL COME!

Thursday, August 15
WAR BETWEEN MEN AND WOMEN—Jack Lemmon, Barbara Harris—Comedy (PG)
Friday, August 16
PRIME CUT—Lee Marvin, Gene Hackman—Action Drama (R)
Saturday, August 17
1776—William Daniels, Howard Da Silva—Musical (G)
Sunday, August 18
SAVE THE TIGER—Jack Lemmon, Jack Gilford—Drama (R)
Monday, August 19
BLESS THE BEASTS AND THE CHILDREN—Bill Mury, Barry Robins—Drama (PG)
Tuesday, August 20
THE LAST DETAIL—Jack Nicholson, Otis Young—Drama (R)
Wednesday, August 21
THE SILENT ONE—Lino Ventura, Robert Hardy—Drama (PG)
Thursday, August 22
FUZZ—Burt Reynolds, Raquel Welch—Comedy Drama (PG)
Friday, August 23
ULZANA'S RAID—Burt Lancaster, Bruce Davison—Western (R)
Saturday, August 24
HARRY IN YOUR POCKET—James Coburn, Michael Sarrazin—Drama (PG)
Sunday, August 25
SANTÉE—Glenn Ford, Michael Burns—Action Western (PG)
Monday, August 26
TRAVELS WITH MY AUNT—Maggie Smith, Alec McCowen—Comedy Adventure (PG)
Tuesday, August 27
BUSTING—Elliott Gould, Robert Blake—Drama (R)

When initially applying for GI Bill benefits, a veteran should include a copy of his Report of Separation (DD Form 214). This reduces processing time. Application should be made at the nearest VA office.

When a stranger asks, "Where's the housing office?" personnel on base need know that the number one and only assistant in the housing referral office is no longer in building 63 up the hill. She is in the office right next to the Public Works foreman. Direct strangers straight down the hill from the emergency entrance, building 10.

Mrs. Lange has a quick reference file on rentals in the area and houses for sale, and even before taking the daily paper in hand to begin the tiresome house hunt, one can get a pretty good idea what might be expected. Maps and other orientation tips are available also, and the extensions to keep handy are 2309 and 2532. (Autobon prefix 855 — Commercial 634.)

Hail & Farewell

ENLISTED REPORTING:

From Naval Hospital Corps School, San Diego, HA Shannon Elam, HM2 Bruce Melvin, HM3 Dennis Strobel.

From Medical Research Unit 1, Univ. Ca, HM2 Rose Hymel.

From USS RANGER (CVA-61), MM1 Albert Pierce.

From USS HANCOCK (CVA-19), HMC Jack Schwarz.

From Naval Hospital Corps School, Graveland, HMC, HA Gale Richter, HA Candace Peterson, HA Sharon Greminger, HA Connie Stephenson.

From USS OKINAWA (LPH-3), SDSN Arsenio Ramos.

From Marine Air Training Detachment, Lackland AFB, MAC Robert Haslett.

ENLISTED DETACHED:

To Ophthalmic Support and Training Activity, Williamsburg, VA., HM3 Philip Wade.

To Fleet Marine Service School, Marine Corps Base, Camp Pendleton, Ca., HN Edna Pogue.

To Naval Station, Adak, AK., HN Linda Sapp.

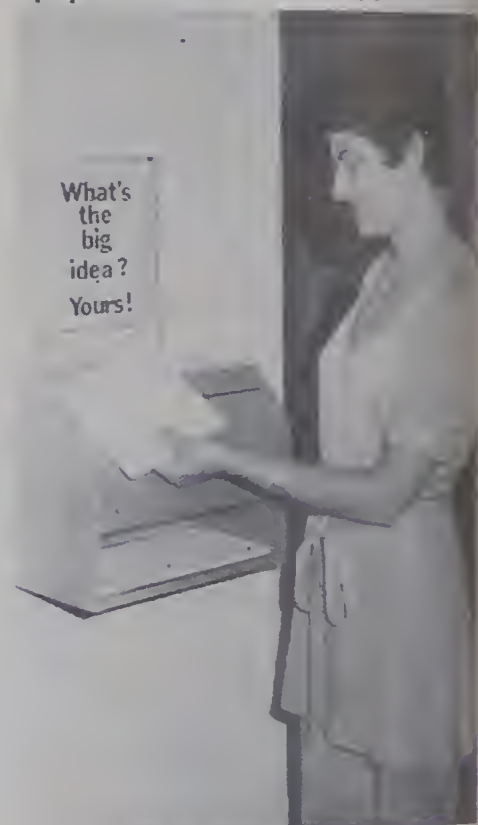
To Naval Activity, United Kingdom Detachment, Holy Loch, United Kingdom, London, England, DT3 Barbara Black.

To Naval Regional Medical Center, Jacksonville, Fla., HMI Raymundo Pura.

Transferred to Fleet Reserve, HMC Joseph Andalis and HMC Sammy Mayo.

Released to Inactive Duty in Naval Reserve, HM2 Danny Bober, HM3 Gregory Lamm and HN Bruce Gordon.

Suggestion In Box \$\$ In Pocket!!



BECKY PAPPAS suggests that you suggest!

"Many employees have misconceptions on the beneficial suggestion criteria and regulations," Becky Pappas, civilian personnel coordinator of the program says.

A suggestion of merit is an idea intended to accomplish a better job and do it faster and cheaper. It should conserve materials and manpower or simplify and improve operations.

If you merely point out a difficulty or shortcoming without providing an answer, don't expect to be a Benny Sugg award winner. If you think you have an idea with merit, pick up a form at the suggestion boxes about the base. The columns under "The Navy" is interested in suggestions for might help you decide whether to file or not. A vending machine on every floor, for example, might save (or might waste) manpower, but if the suggestion does not provide a minimum of \$250 savings, it will not be awardable under the program.

The OAK LEAF

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

VOL. 36, No. 16

Tuesday, August 27, 1974

EEO PLAN IS ACTION DIRECTED

An affirmative action plan for the year 1974 in equal employment opportunity has been approved. Affirmative action requires the establishment of firm objectives, the assignment of responsibility, and outlines procedures for accomplishment. The policy strives for elimination of concepts, circumstances and practices which lead to the perpetuation of discrimination—whatever the area.

In the plan, the duties of the Deputy Equal Employment Opportunity Officer are outlined and the aims of the Federal Women's Program Coordinator are specified. Analyses of needs on base have shown that education, upward mobility and training are areas where emphasis is desirable. Moving in that direction some funds have been budgeted; in-house training and cross training opportunities are to be offered.

To date 277 military and 44 civilians have completed courses on understanding personal worth and racial dignity—it's a bare beginning, but the UPWARD program is an ongoing one. Since its inception "Women In Action" has had 12 meetings; to many women it is beneficial to have had an airing of problems and to know that positive action is goal directed. This spring and summer Medical Center participated in the Career Cluster Program. Presently we have one student training in a work-study health

administration recruitment program. Target dates have been set for accomplishment of some of the objectives; the August 8 Notice 12713 is available for study by interested persons.

The present week has been nationally designated Women's Week. Women's Equality Day at NRMCO will be observed on Wednesday, August 28, and there will be guest speakers at a meeting to be held in the Clinical Assembly at 2 p.m.

Naval Regional Medical Center, Oakland, realizes its need for a more aggressive affirmative action. It has not made big Navy waves, but we are beginning to feel the positive ripples.

Recycling Program—

EACH TOSS-IN SAVES FOR TOMORROW

Who knows, the tons of IV bottles and other glass containers which are today tossed into the bins at NRMCO may become tomorrow's medicine or wine bottles.

Since July, in cooperation with the Merritt College Recycling Center, a reclamation program for glass has been going on at Medical Center. It is working. The reason it is working is because administration and staff at NRMCO are cooperating to make it work. The Merritt College Recycling Center has shown such efficiency and community involvement that it received both State and Federal awards this year.

Some 15 to 20 percent of glass manufactured today contains

cullet. Since the cullet is refuse glass, already processed from raw materials, per the basic laws of physics, it has absorbed a certain amount of energy. Thus, since nothing is ever really destroyed, when later broken down for reuse, less energy is required in the manufacturing process. Production costs are reduced.

However, the beauty of a landscape can certainly be momentarily destroyed. Each bottle reclaimed in a recycling bin is one less to litter a roadside. Too, each IV bottle reclaimed in a bin (located 1st floor, Central Supply Room) just might help assure that there will be a replacement in the inventory when another IV is needed.

Drivers are needed to transport the laundry hampers of glass to Merritt College. The recycling center is paying \$2 a load to reimburse the driver for gas. Volunteers should get in touch with HN Robert Gover in Pharmacy or LTJG Nancy Johnson in MICU, 9-East. All staff should get the toss-in habit!

NRMCO WILL HOST CAPT A. J. SCHWAB, CHIEF OF THE MEDICAL SERVICE CORPS, ON SEPTEMBER 4, 1974. A RECEPTION WILL BE HELD IN HIS HONOR 4 TO 6 P.M., OFFICERS' MESS (CLOSED).

THIS EVENING MADE HISTORY



The 27th Anniversary Ball of the Medical Service Corps has gone down as one to be long remembered. The first year that the birthday celebration was held at this facility had guests from the Medical Corps saying, "Why don't WE have them like this?" The wife of CDR Harry LeBleu, who has missed only two anniversaries since 1951, exclaimed that this year's ball was by far the best she has ever attended.

What made it so? No one thing. Every little thing seemed to combine and flow with the evening. While the 12ND band combo played, an iced mermaid and dolphin looked quietly



on as guests arrived to get acquainted over cocktails and hors d'oeuvres. The dining hall did have its VIP table, but tables were otherwise set in chatty foursomes and six-somes rather than in banquet arrangement. In one corner was the Ensigns' bull pen, from whence toasts flowed freely.

The MSC, the MC, the NC, the CHC, the Oakie table, civilians — all were toasted until one Ensign's wife became compelled to offer "A toast to all the wives who have to put up with officers of the Medical Service Corps!" There were enough Uppity Women in accord to offer a rousing cheer.

(Continued on page 2)

The Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer;
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services,
Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka, HN Paul Tooley

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOSP-35, Rev. July 1958.

THE OAK LEAF receives American Forces Press Service material. Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Regional Naval Medical Center, Oakland, California 94627.

+ + Chaplain's Corner + +

ONE SERENE CERTAINTY

Crisis is a perpetual element in human affairs. Who does not know of some lady waiting around with a cinderella smile to try on a glass slipper that will never come?

Who does not know of some man haunted by the memory of a one-time defection that can never in this lifetime be excused?

Who does not know of a woman who was so stirred by a temporary nymphomaniac madness that she lost control of her sense of reason?

Who does not know of a mother driven by an enthralling determination to lessen her child's struggle with an incurable affliction?

Who does not know of a distraught husband desperately anxious to have someone tell him that his wife's compulsive philandering has not been the result of his own inadequacy?

Who does not know of a man driven from his home by the never understandable vindictiveness of an unforgiving wife?

Who does not know of the poor neurotic wife who throws herself into her husband's arms, demanding affection as if it were something that could be taken by assault?

Who does not know of an unhappy husband and wife who are so paralyzed by their own misery that they drag their troubles to every friend?

Many of the impoverished people who grow more destitute with the years are in need of at least one serene certainty. Much of the sleep robbing and nail biting experience in current times are caused by the bland condition of unknowing and uncertainty. I have a few assurances of my own, but none more rock bottom than that of knowing there is One who loves me, and is seeking me in all my wandering. And He, the Lord, who is my Shepherd, is going to have me finally.

CDR WAYNE RUSHING, CHC, USN

THIS OLE' CROAK won't be voting in the September and October primary elections, but you can. Ask your Legal Officer about filing that absentee ballot.



ARMED FORCES DAY

CALIFORNIA STATE FAIR 1974 September 4, 1974

Armed Forces Day Parade at the Fair Horse Races
Military Personnel Admitted Free With ID

CLIP AND SAVE NEW TELEPHONE NUMBERS FOR MAKING OUTPATIENT APPOINTMENTS

For Oakland and East Bay Area—639-2501 In House Ext. 2501
For Northern California [No Charge]—800-772-3110

Medical Service Corps (Continued from page 1)



Before departing the dining area, another lively cheer was given to the chef of the evening, Mr. John Campbell, who produced a shrimp-crab louie a la superb, followed by prime ribs of beef au jus to perfection. Even the small carrots and brussel sprouts were flavorfully enhanced — all of which would have been tasty even without the three wines topped off by brandy from snifters which, imprinted with the 27th anniversary emblem, became souvenirs of the evening.

Music of the 12ND dance band brought guests back into the ballroom where the birthday cake was heralded in for cutting on the shoulders of four Ensigns, who somehow found their white gloves and caps for the ceremonious occasion. The senior Medical Service Corps officer, CAPT Edwin B.

Miller, and the junior Medical Service Corps officer, ENS Dale Holm, were assisted in the cake cutting by the first Chief of the Corps, CAPT Willard Calkins.

CAPT Calkins recalled the origin of the Corps from the C&S and D&S (clean and sober and drunk and disorderly) days when the warrant officer structure was struggling to find its identity. In those years all specialists, whether pharmacists, optometrists or other medical specialties, wanted to have their own corps. The wisdom of RADM C. A. Swanson, Navy Surgeon General, gave much guidance to the organization in those formative years, as did the direction given by CAPT Cal Johnson, MSC, Retired, then executive assistant for MSC Personnel Matters (shown dancing with

his lady in the pictures). In 1947 the Medical Service Corps was decided upon as the inclusive branch to support the Medical Corps (hence the insignia, an oak leaf resting on a branch).

It was to the 27th year of the United States Navy MSC that a champagne toast was offered by CAPT Miller, and the gathering heard a taped anniversary greeting from its present chief, CAPT A. J. Schwab. A touching interlude followed when, with the lights off and the spotlight on Old Glory waving in the breeze, the crowd sang "God Bless America." Thereafter the band swung into Anchors Aweigh and the evening continued with dancing.

Is there any wonder that August 10, 1974, became a precedent-setting evening?

Chief Nurse Settles In



CAPT Kathryn E. Zabel, NC, USN, has been aboard since July 25, 1974. She has been busily engaged in her own orientation course of getting to know the personalities and needs of the crew with whom she will work as Chief of Nursing Service. There are about 148 military nurses and some 115 civilian staff, which includes the RNs, LVNs and nursing assistants. CAPT Zabel is very desirous that the feeling of unity continue under her administration.

Meanwhile, on the unofficial homefront, when a move is made from a foreign duty station such as Yokosuka, Japan, where CAPT Zabel was Chief of Nursing Service just previous to her present appointment, there are other settling-in hurdles to occupy her attention. The Chief of Nursing has purchased a home in Dublin and is very enthusiastic about residing in the Bay Area. "I know I must have bought one of each in the Orient," she said, "and I'm very likely weighing in over my allowance." When she gains possession of her new home sometimes next month, it can be guessed that many evenings will be occupied with unpacking her treasure trove.

Prior to the Yokosuka assignment, her previous duty stations were:

Naval Hospital, Great Lakes, Ill., as Assistant Chief of Nursing Service; Recruit Training Command, Dispensary, Great Lakes, Senior Nurse; U.S. Naval Hospital, Roosevelt Roads, Puerto Rico, Chief of Nursing Service; Naval Hospital, Philadelphia, Pa., Dependents Supervisor; Naval Hospital, Great Lakes, Charge Nurse, Dependents Area; Naval Hospital, Portsmouth, N.H., Charge Nurse, Dependents; Naval Hospital, Jacksonville, Fla., Staff Nurse, Dependents; USS HAVEN (AH12), Korea, Staff Nurse; Hospital, San Diego, Staff Nurse.

Her B.S. in Nursing was received at the University of Colorado, and her career began as a graduate of Butterworth Hospital, School of Nursing, in Grand Rapids, Mich., where her parents still reside.



HM3 TIM FLAIG, HM3 Terry Riley and HN John Miklik have completed a 6-month course in clinical research techniques (NEC 8481).

For EXEC-LINE Dial E-X-E-C.

Red Cross Offices
Are in Building 71A

Personnel is advised to help refer all inquirers seeking the Red Cross Offices that they are no longer in buildings 38 or 500. Offices are now in building 71A, the Red Cross Lounge building, directly up the hill from the Bank of America.

Nice view up there, games, reading material and a free cuppa coffee!

Hail and Farewell

Arrivals

LCDR Gary D. Quine, DC
 CDR Donald R. Tredway, MC
 LCDR Franklin D. Gillespie, MSC
 LCDR William E. Byrd, MC
 LCDR Michael S. Jakubowski, MC
 CDR William H. Peloquin, MC
 ENS Ladislaus Gollasz, MSC
 LTJG H. Eino Yost, MSC
 LCDR Peter A. Lawless, MC
 LCDR Patrick E. Powell, MC
 LTJG Dennis R. Dey, MSC
 LCDR Samuel V. Vescera, MC
 LT William F. Messink, MC
 LT Ronald A. Smith, MC

Departures

CAPT Jay S. Cox, MC
CAPT Carlton J. McLeod, DC
CDR Orrin H. Bruton, MC
LT Thomas E. Gillen, MC
ECDR William A. Combs, MC
LCDR John J. Geren, MC
LT James D. Blaylock, MSC
LCDR Lawrence J. Duane, MC
CDR Pat Majak, NC
CDR Lee Peterson, NC

From

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NRMC Great Lakes
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NRMC Portsmouth
NRMC Great Lakes
NRMC San Diego
USS Hector
NRMC Newport
USS ORISKANY
NRMC San Diego
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NNMC Bethesda
 NAS Lemoore
 NH Rota, Spain
 NNMC Bethesda
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 NNMC Bethesda
 Inactive
 Wayne State Univ.,
 Detroit
 Iwakuni, Japan
 NROTC USC
 USNH Puerto Rico
 NRMD Portsmouth
 NH Boston
 NRMC San Diego
 Inactive
 NSHCA Bethesda
 USS CORAL SEA
 USNH Rota, Spain
 Disp Monterey
 NH Boston
 USS NIAGARA FALLS
 NAS Imperial Beach

To.

Psychiatry
Psychiatry
Psychiatry
Radiology
Laboratory
Laboratory
Internal Medicine
Internal Medicine
Internal Medicine
Pediatrics
Radiology
Int Med—Allergy
Radiology
Int Med—Neurology
CH Dental Service
Int Med—Nuclear Med
Radiology
Disp Alameda
Disp Alameda
Disp Alameda
Internal Medicine
Anesthesiology
OB-GYN
Int Med—Chest
Disp Alameda
Pediatrics
Surgery
Ent
Ent
Surgery
Anesthesiology
Surgery
Optometry
Food Management
Personnel
Dental
Internal Medicine
Physical Therapy
Radiology
Radiology
Ob-Gyn
Laboratory

Dental

Ob-Gyn
Supply
Internal Medicine
Anesthesiology
Ophthalmology
Operating Management
Staff
Surgery
Anesthesiology
Pharmacy
Anesthesiology
MI Dispensary
Surgery

To

NRMC Annapolis
NRDC Great Lakes
Salem, Oregon
RAD
NRMC Camp Pendleton, Ca
NRMC Jacksonville, Fla.
University of Washington
NRMC Jacksonville, Fla
Holy Names College, Oakland, Ca
Whidbey Island, Wash

Who's Been Doing What . . .

Bits and Pieces

That photo lab crew is getting mighty artistic and creative these days. Below is the "original" that they titled "Black cat at midnight chasing mice in a cave."



WHEN THELMA McNEIL [center] returned to pick up her CSC bonus check and have lunch with the girls, she received a second bonus. She was presented \$48 in surprise greenery, left over from her retirement party held at Treasure Island. She is now off spending it on an Alaskan and Hawaiian trip. Thelma could almost claim plank ownership of NRMCO; she spent 22 of her 32 Civil Service years on the job right here.

Navy Good Conduct Award

HM2 Patrick N. Morris
HM2 Carolyn S. Killam



SIX MONTHS' urology training completed, and honor student HN John Hughes [row one, left] departs for Naval Hospital, Charleston, S.C. Graduate HN Donald Kytka will remain with NRMCO, and HN John Turner, Jr., received orders to the Urology Clinic Naval Hospital, Camp Pendleton, Ca. In the back row is HM2 Patrick Morris, senior technician, HM2 Steve Alford, instructor, and CAPT Gilbert LeBlanc, Chief of Urology Service.

When HMI S. L. Spring developed a picture of LCDR James Tarpley, it brought to mind that Dr. Tarpley administered the anesthesia at the birth of Spring's youngest daughter, Cheri, when they were in Morocco.

When in San Francisco, dropping in at the USO at 1019 Market Street can be like a refreshing breath away from the hustling crowd. Last Saturday in the off-street quiet a pro instructor was watching the move of four fellows playing chess; a billard game was going on in another room; 15 guys and dolls had left on a trip to Alcatraz (and anyone who has tried to get tickets recently knows it is nice to be part of an in-crowd); and one couple sat drinking free coffee and nibbling on home-made angel food cake. A hostess said it is hard to get the fellows out for the first time, but once they visit, they return.

That's the way it is also at the Neighborhood Church Ports of Call in Castro Valley. A call to "Pops" Ruhl and someone will pick you up if you want to bring your toothbrush and spend a Saturday night there and meet a lot of friendly people over a hotdog or burger. Some sailors head for Castro Valley and Ports of Call the minute their ship hits port at Alameda. A bus goes right by.

MOTHERS WHO WOULD LIKE TO TALK THEIR OFFSPRING OUT OF OWNING A MOTORCYCLE SHOULD BRING THEM TO WARD 7-NORTH AND LET THEM TALK IT OVER WITH A FEW MOTORCYCLE CASUALTIES.



DEL PRANKE [right, forefront first picture], in cooperation with the Red Cross, thought up a party to be held on the fifth floor patio. It was a combination luau, with hula dancers, a Mexican fiesta and a western

picnic. Chaplain Kenneth Putt [picture one, left forefront] helped grill the burgers and hotdogs. With volleyball preceding all, the Ward Party turned out to be a fun-time thing!

SPORTS

Shorts

Personnel Captures '74
Slow-Pitch Flag

After trailing 4-1, going into the 7th and final frame, Personnel came back with four big runs to defeat Ortho 5-4 to end one of NRMCO's best softball seasons.

Personnel ended up the regular season tied with X-Ray on 12 wins and two losses. Ortho and EENT tied for 2nd with 11 wins and three losses. These four teams flipped for position in the playoffs; with Ortho drawing X-Ray and Personnel pitted against EENT.

Ortho defeated X-Ray 8-3 to gain a berth in the finals, and Personnel squeezed by EENT by a score of 14-9 to gain their berth in the finals.

In the championship game against Ortho, Personnel jumped off to a 1-0 lead in the first inning and held that lead until the 3rd inning as Ortho tied the score 1-1. Ortho then jumped off to what seemed to be a safe lead, as they scored single runs in the 4th, 5th and 6th innings to take a 4-1 lead, but the never-say-die Personnel team under the able leadership of ENS Mel Goodloe came up with four big runs in the top of the 7th inning, and then held off Ortho's bid for a score in the bottom of the 7th and went on to capture the highly coveted slow-pitch flag for 1974.

Members of the Personnel team aiding ENS Goodloe are Krueger, Howard, Hollandsworth, Heston, Campbell, Abe, Rapoza, Urquhart, Mott, Lacroix, Trevino, Lunderville and Lehman.

NAUTICAL MILE RUN—
6,076 FEET

As a commemoration of the Navy's rich and meaningful history, and to help celebrate the Navy Birthday 1974, a nautical mile run will be made October 12, with contestants gathering at the NAS track at 9:45 a.m. Each contestant will receive a certificate of participation, whether 18 years and under or 40 years or over.

Secure an entry form from Ron Brown, and bring all the family and neighbors to watch the meet! Winners and runners-up in each category will receive awards.

FLAG FOOTBALL

The 1974 seven-man flag football season is tentatively scheduled to begin September 9. All active duty military personnel are eligible and league days will be Mondays through Thursdays, 5 p.m. Secure your entry blank from Ron Brown. 2801-A).

SCUBA DIVING

The 4th scuba diving class begins Tuesday, September 15, with 'Treasure Island's Ralph R. Stogsdall, EW1, as instructor. The 5-week course meets twice a week, Tuesdays and Thursdays; fee is \$55, and enrollment is limited to 14. Phone LT Gary Sawdy, DC, ext. 2255, or LT Robert Harris, DC, ext. 2291, if you are to be counted.

Sick Leave Can Be
Time & \$ In Bank

The Housekeeping Officer is again the first to report aides who have accumulated over 1,000 hours' sick leave to their credit. It can be assumed that the following are not only very healthy persons, but also are very dedicated and conscientious in performing their jobs. They are: Mr. Claud J. Chaney, Mrs. Elee B. Cross, Miss Luvenia Dean, Mr. Fred L. Edmonson, Mr. John T. Lewis, Mrs. Elnora Mixon, Mrs. Violet Shumpert, Mrs. Katie W. Tanner, Mrs. Geneva Tuggles, Mr. Ambrus E. Turner and Mr. Lewis W. Whittington.

Full-time Civil Service employees earn 13 days' sick leave a year. Since October 20, 1969, retirees have been entitled to time credit in the calculation of retirement annuities for all unused sick leave still credited to their leave accounts at the time of retirement. Over 25 weeks of carry-over sick leave PAY will look pretty good when a retiree comes to that point when he has time to live it up!

Who will be the next Service to report their 1,000 hour club membership?



WATCH OUT or the building you are in today may not be there tomorrow. In about 2 hours the two "eyesores" on either side of the entrance to hospital grounds were pushed down. In 2 days all debris was carted away; and the somewhat fuzzy picture above is now a bit of the historical past of what is today bare ground right and left.

Mucho Personae Speakie
De English Et More—

Personnel recently issued a call for volunteers who can translate in other languages. HMCS Fred Little, Enlisted Personnel, seemed to lead the versatility list by being able to translate in Spanish, German, Thai and Vietnamese. Others who came forth to volunteer were HN J. Trevino, ENT, for Spanish and Elementary German; HA G. Ibarra, Lab, Spanish; HA M. Rivera, 6-N, Spanish; HA M. Offe, 8-S, Spanish; HN R. Rens, 7-N, Italian; HN T. Gozleveli, Lab Student, Turkish; HN G. Bjorgan, 7-E, Portuguese.

Born at . . .

Naval Regional Medical Center Oakland
Staff Babies

On August 9, Tina Marie O'Neill, 6 pound, 9 1/2 ounce daughter of Ina and HM2 Owen F. O'Neill

On August 16, Brandon Allen Yauger, 6 pound, 8 ounce son of Charlene and HM2 Danny R. Yauger



NO DEPOSIT, NO RETURN has bowed to the wisdom of a Waste Not Want Not philosophy, and NRMCO on a community action level is doing its part in supporting the Merritt College Recycling Center. LT F. Heston, Mrs. P. Cartwright, Mr. Finis Mims of Merritt College, Mrs. A. Quintana, HN E. Thorpe and Mr. John Shaffer, Merritt College, are a few helping to make the program work.

FOUR RECEIVE
CERTIFICATES

Lawrence Fernandez, Carole Kubicki, Arthur Mitchell and Mary Peterson have completed the practical phase of their radiologic technique training at Naval Regional Medical Center Oakland. It has consisted of 9 months of 20 hours training per week under the guidance of NRMCO radiologic technicians, followed by 9 months of 40 hours per week training.

The training received has included all types of skeletal and soft tissue radiographic examinations, fluoroscopic studies and xeroradiography. The students have spent a limited amount of time in radiation therapy and nuclear medicine departments.

To Withdraw Or
Not To Withdraw

The prospect of perhaps several thousand dollars in ready cash may tempt the Federal employee who leaves Government before becoming eligible to retire. This prospect is particularly relevant to an employee who has completed at least 5 years of civilian service. He has earned a right to a future annuity, but he may forego that right by taking a refund of his contributions to the retirement fund if he wishes.

To withdraw or not withdraw his retirement contributions is the dilemma.

Generally, an employee aged 40 or more who withdraws his contributions would find that he is giving up a benefit worth much more than the refund, even if the money were prudently invested.

Employees interested in more details on the subject should ask for a copy of the booklet, "Retirement Benefits When You Leave Government Early" (S.F. 2801-A).

WANTED—Active Duty
Military Only!

Men bowlers to form a varsity team to represent NRMCO in the 12ND.

There will be roll-offs held on Sept. 10, 11, 12, 1974.

Contact MM1 Pierce, the bowling alley manager, ext. 2120.

For EXEC-LINE
dial E-X-E-C.

On Your Holiday
Make the species extinct



YOU MAY BECOME PART OF A TALE
WITHOUT A HAPPY ENDING!

MOTORCYCLE SAFETY
RULE

When braking on wet surfaces avoid using the front brake unless absolutely necessary. Just close the throttle to slow down, and then apply the rear brake gently. As another safety measure, leave your headlight on during all times of operation.

Movie Schedule

Tuesday, August 27
BUSTING—Elliott Gould, Robert Blake
Drama (R)
Wednesday, August 28
ZARDOZ—Sean Connery, Charlotte Rampling—Fantasy (R)
Thursday, August 29
DUCK YOU SUCKER—Rod Steiger, James Coburn—Action Drama (PG)
Friday, August 30
THE REVENGERS—William Holden, Ernest Borgnine—Western (PG)
Saturday, August 31
SAVAGE MESSIAH—Scott Antony, Dorothy Tutin—Drama (R)
Sunday, September 1
THE EMIGRANTS—Max Von Sydow, Ullman—Drama (PG)
Monday, September 2
LABOR DAY—No Movie
Tuesday, September 3
THOMASINE AND BUSHROD—Max Julien, Vernetta McGee—Black Western (PG)
Wednesday, September 4
MR. MAJESTYK—Charles Bronson, Lettieri—Action Drama (PG)
Thursday, September 5
THE OTHER—Uta Hagen, Chris Udevski—Humanistic Horror (R)
Friday, September 6
WHERE DOES IT HURT?—Peter Sellers, JoAnn Pflug—Comedy (R)
Saturday, September 7
JORY—John Marley, B. J. Thomas—Western (PG)
Sunday, September 8
HAMMERSMITH IS OUT—Elizabeth Taylor, Richard Burton—Comedy (R)
Monday, September 9
THE LIFE AND TIMES OF JUDGE BEAN—Paul Newman, Anthony Perkins—Western Drama (PG)
Tuesday, September 10
THE GOLDEN VOYAGE OF SINBAD—Philip Law, Caroline Munro—Fantasy

The OAK LEAF

NAVAL REGIONAL MEDICAL CENTER, OAKLAND
Vol. 36, No. 17 Tuesday, September 10, 1974

CAPT SCHWAB GIVES 'DIRECT' TALK

The fifth Chief of the Medical Service Corps, CAPT Albert J. Schwab, last visited NRMCO on July 17, 1973, and at that time he set forth some challenges and goals. He's been working on them ever since.

CAPT Schwab operates on the theory that to get to know his organization, he must get out of his office. Consequently, he has spent a large portion of the year touring Navy medical facilities across the country and world. He is cued in personally on problems and needs, patient loads, understaffing and overstaffing, and where it occurs.

After 35 years in the U.S. Navy, few officers can match the insight, understanding and wisdom which CAPT Schwab has brought to the Medical Service Corps since he was deep selected for Captain in that Corps. In addressing the assemblage gathered at the Officers' Mess (Closed) on September 4, he went right down the line analyzing the "good" and the "bad" being faced by the Corps.

In many cases he put it on the line just what is being done about the problems. Take the shortage of corpsmen and technicians, the Navy is now making certain it trains technicians for the Navy and not for the civilian community. He pointed out many cases where the Navy just "can't afford the luxuries" and is making vertical cuts rather than horizontal. With physician recruiting the highest priority next to ships, he had much to say about the Medical Corps and its needs. The VIP (Variable Incentive Pay) bill was discussed, as were the Health Science University and pooling concepts (where doctors are no longer assigned to



operational units but are homeported at the regional medical centers and expected to spend not to exceed 6 months TAD). He discussed the HR-2 Program, which has an enrollment of 1,050 youth. He advised that BuMed is in the process of a big reorganization. There is a new Planning Board at BuMed; no longer will a doctor show up at a facility which has not

(Continued on page 2)

THE SHORT SHEET

Navy Federal Credit Union (NFCU) Offers 8-1/2 Per Cent Certificate

The NFCU's board of directors approved the reissue of a short term Premium Investment Certificate (PIC) bearing interest at the rate of 8-1/2 per cent per annum for a minimum of \$10,000. The certificates have a 3-month maturity. The certificate is being offered for a limited time only and may be withdrawn without notice. It is available to persons eligible for membership.

Vet School Benefits Are Extended

School benefits for veterans under the GI Bill were recently extended from 8 to 10 years with enactment of Public Law 93-337.

The former eight year eligibility deadline on using school benefits expired June 30 for some four million veterans separated from military service between January 31, 1955, and July 1, 1966. Of these, some 55,000 were in summer schools and approximately 100,000 were taking correspondence courses.

The extension of eligibility from 8 to 10 years also applies to eligible wives and widows of veterans who train under VA's Dependents' Educational Assistance Act, and to veterans who take farm cooperative, flight, apprentice and on-the-job training courses.

Vietnam Bonus Benefits Offered By Many States

Montana became the latest state to authorize the payment of a bonus to veterans and members of the Armed Forces of the Vietnam era. Other states granting bonuses are Connecticut, Delaware, Illinois, Indiana, Iowa, Louisiana, Massachusetts, Minnesota, North Dakota, Ohio, Pennsylvania, South Dakota, Vermont, Washington and West Virginia; and Guam.

Check with your Legal Officer, ext. 2482, concerning cutoff date for applications, amounts and so forth.



Sailor of the Year Sailor of the Year Sailor of the Year Sailor of the Year

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

Commendation



THE COMMANDING OFFICER
TAKES GREAT PLEASURE IN COMMENDING
GERALD DALE PARKINSON

HOSPITAL CORPSMAN SECOND CLASS, U. S. NAVY

FOR SERVICES AS SET FORTH HEREIN

While assigned to the Psychiatry Service, Naval Regional Medical Center, Oakland, California, Petty Officer PARKINSON has performed his duties in an exemplary manner. His outstanding performance, superior leadership abilities and exceptional military bearing, has earned him the selection as Naval Regional Medical Center, Oakland's "Sailor of the Year", for 1974.

He has exhibited unexcelled professional competence, bursting enthusiasm and steadfast devotion to duty. He has demonstrated superior ability in applying the principles of psychiatric nursing in his position as senior corpsman of ward 5-East. This has been evidenced by his complementary involvement and contributions to group therapy, ward milieu, and patient care planning.

Petty Officer PARKINSON's selection over an outstanding field of eleven other former "Sailors of the Month" is a tribute to the fine qualities he possesses. This is the highest recognition which could be extended by this activity to reward this truly outstanding hospital corpsman.

It is with a great deal of pride and pleasure that the Commanding Officer acknowledges his selection as "Sailor of the Year" for 1974, and extends a hearty congratulations for earning this prestigious award.



H. A. Sparks
H. A. SPARKS
RADM, MC, U. S. NAVY
4 SEPTEMBER 1974

Sailor of the Year Sailor of the Year Sailor of the Year Sailor of the Year



WHETHER LOOKING EAST OR WEST some changes have been made. Can your mind's eye paint a futuristic scene of the landscaping around NRMCO some few years from now when barren lawn becomes Oak Knoll forest.

The Oak Leaf

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services,
Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka, HN Paul Tooley

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THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Regional Naval Medical Center, Oakland, California 94627.

+ + Chaplain's Corner + +

Sometimes in the rush of the day we can unconsciously fail to provide a most important service to each other. We can fail to listen.

Karl Menninger in *Love Against Hate* has said that listening is a magnetic and strange thing, a creative force. The friends who listen to us are the ones we move toward, and we want to sit in their radius. When we are listened to, it creates us, makes us unfold and expand.

We should tell ourselves to listen with affection to anyone who talks to us. This person is showing us his soul. It is a little dry and meager and full of grinding talk just now, but soon he will begin to think. He will show his true self, will be wonderfully alive. Pay attention; listening expands you as well as the one who is listened to.

LCDR EDWARD K. MURRAY, CHC, USN



A LOT OF HASH HERE, but no matter how you count 'em, Senior Chief Fred Little can point to one more hash mark. He wears seven. Before being piped ashore after 31 years, he turned to the CO with, "Request permission to retire ashore, Sir." Then he paused for a second request, "Sir, request permission to set the watch for Chiefs at 1400!" [Which in layman's language means, "I'll meet all you fellows at the CPO Club at the buttermilk bar for the grand finale."] The office gals lined up for the farewell. Each received a buss 'ere he debarked.

CAPT Schwab

(Continued from page 1)
prepared itself to receive him.

Although the Medical Corps is offering dual compensation to retired medical officers and doing everything in its power to retain and recruit doctors, especially general medical officers, CAPT Schwab pointed out that the MSC is in its most competitive position just now. It has five applicants for every opening, and most applicants are either of PhD caliber or have Master's Degrees in the upper five per cent of their class with a 3.8 average on a 4.0 scale.

When the talk was over and the audience broke for refreshments on the terrace, the comment heard frequently was "Well, you can easily see why he was chosen as the Chief of the Medical Service Corps."

"Yes, you sure can, but he also had the credentials for it!"

Hail and Farewell

EXISTED REPORTING

From USS ENTERPRISE (CVAN-65) HM1 Dale Oster

From Naval Medical Training Institute Bethesda, Md. HM3 John Wheeler Jr.

From Naval School Health Science San Diego: HAS Victor Aelasco, James Johnson, Timothy Hauff, David Grubbs, Margarito Ortiz Jr., Harold Weeks, HNS Charles Cain II and Larry Station.

From Naval Regional Medical Clinic Pearl Harbor: HM2 Sandra Steele.

From Naval Hospital Boston, Chelsea, Md. DT1 Dewa Upton.

EXISTED DETACHED

To Naval Regional Medical Center San Diego: HM3 William Schott.

To Naval Regional Medical Center FPO San Francisco: HMC Paul Walters.

To Submarine School, New London, Conn.: HN John Steele.

To Cubi Pt Br Disp.: HM2 Steven Lepley.
To Naval Air Station Dallas, Tex.: HN Donnie Gibbs.

Released to inactive duty: HMs Charlene Demshar, Michelle Hayden, James Phillippe, George Smith, Walter Rice, HM1 David Wallace, HM2 James Henshaw.

Foreign Observerships

LT Nguyen Nhu Thuy, Laboratory
LCDR Nhu Vong Nguyen, Orthopedics



EXEC-LINE

* I am a sailor attending Class "C" School at this command. I wish to complain about the poor service provided by the vending machines in the BEQ and at other locations. They are poorly stocked and frequently empty or inoperative.

Vending machines have been operated by a civilian contractor under a contract administered by the Navy Exchange. Several months ago a new contract was issued, but the contractor defaulted in fulfilling his contract. Because of legal complications, the awarding of a new contract was delayed. The Exchange was then authorized to stock the machines, but because of limited equipment and product, service has been less than satisfactory.

A new contract, which covers a large number of naval establishments, has now been awarded. The repairing of equipment and its proper servicing will take some time, but it is hoped that, shortly, machines will be operating efficiently.

Refunds may be collected from the cashier, main lobby, building 38, at the location store, 1st floor, building 500, or from the Master-at-Arms, BEQ, building 501. Inoperative machines should be reported to the Navy Exchange Office, ext. 2151.

Meet New Chief Of Dental Service

Like a hint concerning the professionalism and background of the new Chief of Dental Service, CAPT Thomas W. McLean? His most recent publication deals with "Scarification of the Temporal Tendon for Treatment of Chronic Subluxation of the Temporomandibular Joint." And for recent research projects demanding his time, how's "Bacteria As They Relate To The Fibrinolytic Activity Observed in Dry Sockets."

It's enough to scare a layman! Perhaps more understandable, his main field of interest is oral surgery and the training of undergraduates in oral surgery elements, and the expansion of preventive dentistry. He's had a bit of practice doing that, most



recently as Chief of Dental Service, Great Lakes, Ill. However, his Navy career as a dental officer has taken him to many U.S. and foreign ports, including Norfolk, Va.; Pensacola, Key West and Jacksonville, Fla.; Annapolis, Md.; Pearl Harbor and Barbers Point, Hawaii; Yokosuka, Japan; Spain; Italy; Roosevelt Roads, P.R.; and not to be overlooked is ship duty aboard the USS RANDALL and USS AMERICA (CVA-66).

CAPT McLean is authorized to



Fire Prevention Week

Next Month we enter into a week of FIRE awareness—

"FIRE PREVENTION WEEK"—
October 6th to 12th

A CLEAN HOUSE PREVENTS FIRES

Don't stack paper and clothes under stairs.

Keep dust mops and cleaning materials in metal cans.

Throw out oily rags and old paint.

Use metal trash containers with covers.

Don't pile trash and cut grass near house.

TOO OFTEN
PEOPLE ARE
THE "THINGS" THAT
BURN.

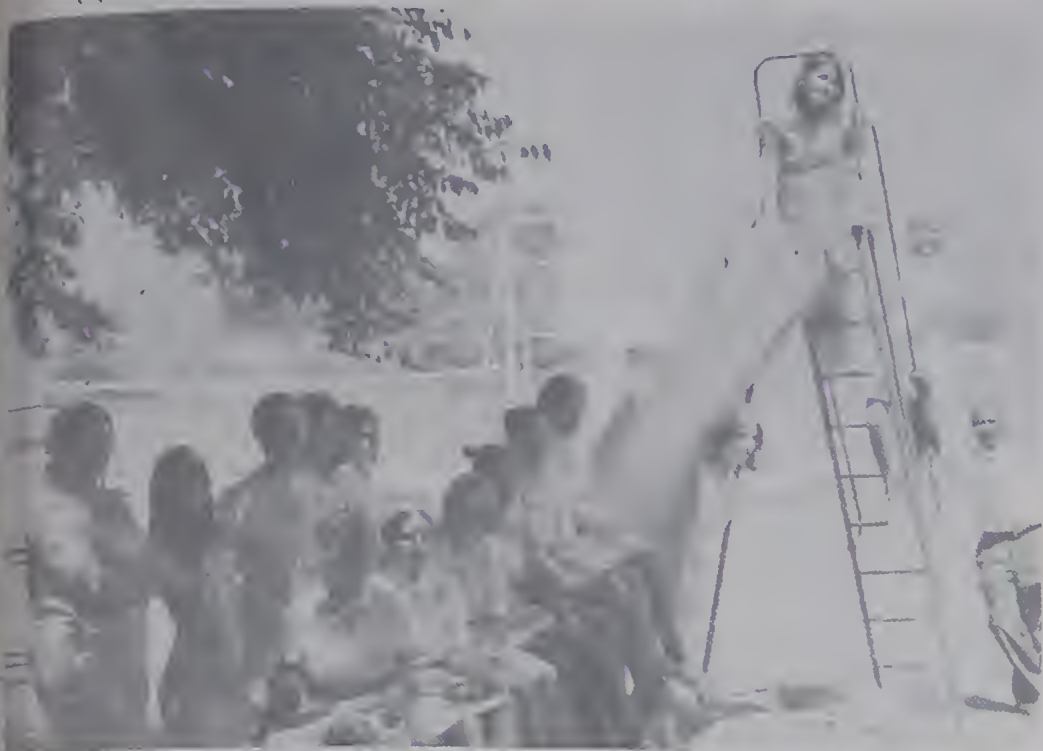
wear the National Defense Service Medal, Naval Occupation Medal, Vietnam Campaign Medal and Vietnamese Presidential Unit Citation. He is certified by the American Board of Oral Surgery, is a fellow of the International Association of Oral Surgeons, a member of the American Society of Oral Surgery and the American Dental Association, plus being a diplomate of the American Board of Oral Surgery.

Limitations of space negate reciting some of his other honors, but aside from his professional interests and occupying his otherwise free time is sailing, golf, tennis, bridge, a wife, a 10-year-old daughter, two sons now in the University of Florida, a new home in Moraga, work with Methodist youth and a leadership position with the Boy Scouts of America.

Did someone say he was enrolling in a course in "anesthesiology"? They must have been kidding.

Who's Been Doing What . . .

Volunteers End Summer With Picnic



A PICNIC TOPPED OFF summer's work for a group of Red Cross volunteers. The volunteer work experience helped some of them evaluate their true interest in medical and scientific careers. [Mr. Carroll Jones is a volunteer by adoption only.]

From Berkeley, Oakland, Hayward, Richmond, El Sobrante, Pinole, San Leandro and El Cerrito! Matter not the bus strike nor summer's heat! A Red Cross volunteer is a volunteer for all that! Some 19 highschool girls came to NRMCO during July and August (some showing up twice a week) to assist hospital staff and to provide services for patients.

A tip of the hat goes to Kathy Abdalla, Eunice Botelho, Karen Cole, Rita Castillo, Jill Comyford,

Cindy Duran, Kimberly Harrison, Peggy Holsinger, Janet Houston, Karen Huckleby, Lorie Luxford, Elizabeth Loughman, Linda Macy, Patti Smith, Joyce Stigter, Sandra Stukel, Nancy Ventin, Nancy Walters and Ina Yancey.

A salute also goes to Tim Goodwin, an undergraduate pre-medical student at Claremont Men's College, who helped out in the Emergency Room and on the wards during his free time this summer. And to two nursing students, Paula Brook of Oakland and Kathy Geifer of Kansas, who helped coordinate the work of the volunteers and worked as volunteers in the Surgical Clinic.

Sailor of the Month

Hospitalman Kevin Schinichi Kuwada has won the praise from all staff members of the Pediatrics Ward and won for himself the honor selection as Sailor of the Month for August.

The commendation of this young, single corpsman from Spokane, Wash., reads in part: "Staff nurses wish to work with him and feel they can rely on him for unfailing devotion to the children as he strives to meet the children's physiological needs as well as their psychological needs for love and reassurance. His awareness of human need is advanced for his age and he is competent in caring for infants as well as older children.

"Hospitalman Kuwada is an especially efficient worker in emergency situations and on special watches. In his work with one critically ill leukemic he would stay past his duty hours to comfort and care for her, and she reciprocated his love and would call for him when she wanted something, assured he would not fail her."

That seems to be the stuff this Sailor of the Month for August is made of

"Well done."



FULL FLEDGED Ocular Technique Technicians [NEC 8444] are Ophthalmology Clinic's HM1 William V. Ruiz, HM3 Richard Evans and HM3 William V. Wann.

Born at . . .

Staff babies born at Naval Regional Medical Center, Oakland, on August 19, 1974: Kevin Paul Junk, 8 pound 1 ounce son of Alice and LCDR Andrew S. Junk, on August 22; Christopher James Elsner, 8 pound 13 ounce son of Anne and LCDR Heinz J. Elsner, on August 23; Jeffrey Scott Graham, 7 pound 12 ounce son of LT and Mrs. Madrice Graham.

Bits and Pieces

Conversation heard eavesdropping . . .

LCDR DeLaughter: What's this about Women's Week? I think it's chauvinistic. Mind you, I have nothing against women; my mother was a woman.

ENS Roberts: So's my sister, but I wouldn't want her marrying one.

The bulletin board sign requested for Retiring HMCS Fred Little was "Congratulations on your retirement. Don't Make Too Many Waves." That sentence was nixed. Maybe it should have read, "Don't Make Too Big A Splash, 31-Year Retiree!"

There's a civilian retiring who will be missed an ocean full too, and that's Stella Bush who after 23-1/2 years in Federal Service quit counting the Chiefs of Nursing she has helped indoctrinate and train. Mary Smith refuses to call herself a replacement for Mrs. Bush.

Mr. Thompson in the Optical Shop says that decorated frames are back and are so popular he can hardly keep them stocked. There's a frame set with turquoise that is moving particularly well despite its price tag. Then the antique gold blends are gathering lots of clout. Need reading glasses only? Maybe the narrow oblong blue or orchids will match a lounge robe. Have fun at the tryons anyway! That shop's personnel have extreme understanding even when you walk out — but you probably won't!

CDR C. Gordon Strom, Otolaryngology and Maxillofacial Surgery, has been elected to serve a 4-year term on the Pacific Lutheran University (Tacoma, Wash.) Alumni Association Board of Directors. That could easily delineate Dr. Strom's extra curricula activities for this fall and 3 years to come. His institution is embarking on a \$500,000 scholarship and endowment fund drive.

Navy Good Conduct Award

HM3 Sidney Guthrie, III

REENLISTMENTS

HMC Donald Pickinpaugh, CIC
HM2 Herbert Haynes, Jr.,
Patient Affairs
HM2 James Joyce
PMT Student

LETTER OF COMMENDATION

HM3 John Kuhlenskamp, CIC

LETTER OF APPRECIATION

LCDR W. Murphy, MC, Lab
HM2 M. Baxa, Radiology

RESIDENCY CERTIFICATE

LCDR L. Duane, Radiology
LCDR D. Hahn, Radiology
LCDR J. Geren, NP

ADVANCEMENT TO E-9
HMCM R. Kaib, Patient Affairs

ON-THE-JOB

TRAINING CERTIFICATE
SN J. Cantu, Orthopedics

Design by Cynthia?

Design by Cynthia?

Design by Cynthia?



This month, 19-year-old HN Cynthia Waldron, Pharmacy, "had nothing to fight for." Not being a person to stagnate, she decided to whip up a little dress and see if she could get it adopted as the official optional evening dress for her female cohorts.

She has been sewing since age 7, and everyone knows that the dress uniform for military females has much to be desired. In fact, at one recent evening's ceremonial an outsider was heard to say, "I think those dress uniforms are absolutely horrible!"

In agreement, Cynthia took her needle and thread in hand to do something about it. Using a plain Simplicity pattern, she turned out a Navy polyester number that can meet the easy maintenance requirements of the see-the-world crowd. With bare back, sailor collar, black satin tie, alamo mode Navy, BuPers might just agree with Cynthia that, with proper insignia, she has something adaptable for officers or enlisted.



IT'S NOT TOO OFTEN that one's spouse gets to perform a reenlistment ceremony, but LCDR Dorothy Kohn, NC, Alameda Branch Dispensary, officiated at the swearing in of her husband DTCS Leroy A. Kohn.

SPORTS

Shorts

CHESS

Two Oak Knollites entered the Mare Island 12ND chess championships. HN Drake Owens captured the 1974 crown and SA Rubiano Severino took 4th place. Both men then entered the competitions at Naval Station San Diego and competed in the West Coast Navy chess championships there. Drake found the going somewhat tough and was eliminated, but Rubiano placed 6th in the West Coast regional tournament.

Unfortunately, only the top two advance to the All-Navy championships.

CANOE CLASS TO START

For a new tippy canoe beginning
SEPTEMBER 21

Call CAPT Bill Meehan, ext. 2441
or

Mrs. Eunice VanderMeer, 582-6898.

BADMINTON

The 12ND women's badminton championship tournament will be held November 6 and 7, 1974, at NAS Alameda, at 7 p.m. It is open to all active duty military women attached to this Command.

HORSESHOES

The 12ND horseshoes championships will be hosted by Naval Support Activity, Mare Island, 10 a.m., on September 21 and 22. West Coast championships will be October 14 to 18 at NAS Whidbey Island, Wash.

CROSS COUNTRY

The first 12ND cross country is scheduled for September 20, NAVSTA Treasure Island. Meet at the gymnasium at 5 p.m., building 402, for this 4 mile.

SQUASH

12ND singles squash championships will be held at NAS Moffett Field gymnasium at 1 p.m., October 15 to 19.

CHECK WITH MR. RON BROWN, DIRECTOR OF ATHLETICS, ext. 2350, FOR ADDITIONAL INFORMATION AND FALL SCHEDULES.

12ND SPORTS & RECREATION
SCHEDULE FOR 1974

September 20—Cross-Country—Invitational, NAVSTA Treasure Island—5 p.m.

September 22—Horseshoes—12ND Championships, NAVSUP-PACT Mare Island—9 a.m.

October 7—Bowling—12ND Men's League—7 p.m.

October 7—Bowling—12ND Women's League—7 p.m.

October 15-16—Talent Contest—12ND Championships, Hamilton Air Force Base—9 a.m.

October 21-26—7-man Touch Football—12ND Championships, NAS Lemoore—10 a.m.

November 6-7—Badminton—12ND Women's Championships, NAS Alameda—7 p.m.

November 12—Basketball—12ND Men's League—7:30 p.m.

More

Bits and Pieces

HA Bill Rindom called the other day asking to be referred to the hospital authority on canoeing. We'll nominate CAPT W. L. Meehan, Urology, as the specialist in that sport. His sons, ages 11 and 14, and 9-year-old daughter have been riding the rivers with him; and with his new Rogue canoe and certificate of proficiency in the Rock Bottom Swamp Club he is leading contender for all awards, having swamped at least four times.

Shirley Cober, who as CSC personnel director in Adak, Alaska, now resides closer to Russia than to the Bay Area, is also doing some hair-tearing trying to find a personnel specialist willing to come to her small island. She says she doesn't have time to train a stenographer and there's not too many personnel experts willing to take their chances on getting frostbitten for GS-7 pay.

Nancy Russell will be back on September 16 from Naval Supply Center to pick up dispatching duties for Public Works' transportation division. Our friendly gal will now carry the title "Foreman," and nobody is going to be any happier to see her return than Mr. Lore who has been acting in that position and feeling inclined to tear his hair every morning when the demands for ears start the phones ringing.

Where's Your Talent?

Do you yodel? Sing? Dance? Play the guitar? Do comedy routines, interpretations, or lean toward a variety act? Then you should get in touch with Ron Brown, Director of Athletics, ext. 2350, and try out for the 12th Naval District Talent Contest. You may have a winning act.

An act will consist of an individual performer or group of performers (active duty) who are able to present a performance in good taste and of an entertaining nature and hold the running time under 6 minutes.

If an act makes it on base, then winners may be judged at the semi-final elimination at Treasure Island on October 8. After the finals on the 9th, who knows, one of our own might be going to the All-Navy Talent Contest to be held at San Diego on November 11 to 15.

What's
the
big
idea?
Yours!

MILITARY
ARE
ELIGIBLE!

Drop in a suggestion before you drop out of the area. Last year we had only one military Benny Sugg award winner. This year the military should pull for the bonus jackpot.

Champus Corner

Persons eligible for benefits under the CHAMPUS Program for the Handicapped are the spouses and children of active duty members who have moderate or severe mental retardation or serious physical handicap. Since July 1974, however, CHAMPUS no longer cost shares services or support for those whose sole basis of eligibility is a learning disability, dyslexia, perceptual handicap, or similar below normal (but not severe) learning condition.

For an active duty member, costs for the basic program for outpatient care is an annual deduction (fiscal year) of \$50 paid by the sponsor for one dependent. After the deductible has been met, the sponsor pays 20 per cent of the remaining charges incurred that year with the government paying 80 per cent of the remaining reasonable and allowable charges. Family deductible (two or more) is \$100.

For retirees, dependents of retirees and survivors, outpatient care costs are the same as above plus 25 per cent instead of 20 per cent.

For inpatient care, active duty dependents pay \$3.50 a day or \$25 whichever is the greater amount. Those dependents residing with the sponsor, except in emergencies, must obtain a DD Form 1251 (Statement of Nonavailability). Those residing apart from the sponsor need no such statement. Cost to retirees, dependents of retirees, and survivors is 25 per cent of all allowable charges and no statement is required.

Costs in the handicapped program are determined by the sponsor's pay grade with the remainder of costs not to exceed \$350 per month being paid by the government.

Personal assistance concerning CHAMPUS and a pamphlet titled "Uniformed Services Health Benefits Program," which explains how CHAMPUS works, are available from your local health benefits counselor, Outpatient Service, ext. 2041.

Aquanaut Ends
SITS Program

LT ROBERT K. O'BRYAN
(Center)

It's down to the sea for science these days, and our own LT Robert K. O'Bryan, Anesthesiology, is fast becoming a hyperbaric physiology specialist. He is one of 20 recent graduates from the Panama City, Fla., Scientist-in-the-Sea (SITS) Program.

Seven of 10 weeks of training were spent in research, and the remaining were taken off the Bahamas, where from a hydro habitat called Sea-Lab I he spent about 72 hours making saturation dives, spending a total of about 25 of those hours in the water. From depths to 150 feet, about 15 hours were required for decompression before returning topside.

One of the interesting aspects of the SITS program is the teaming up of scientists interested in biological and engineering science, oceanography and many interdisciplinary programs. In SITS the academic and military communities joined, and to the versatile program LT O'Bryan contributed diving medicine, which is the future goal and focus of his career.

At Crew's Library

Hesitant Wolf and Scrupulous Fox—edited by Karen Kemmerly fables selected from 5,000 years of world literature.

The Almanac of American Politics—Michael Barone: non-fiction

The You - Don't - Need - A - Man - To - Fix - It Book—Jim Webb and Bart Houseman: non-fiction

Contemporary Black Thought—Robert Chrisman and Nathan Hare: Minority

They Wouldn't Let Us Die—Stephen Rowan: Vietnam prisoners, non-fiction

Future City—Roger Ellwood, ed: science fiction

Movie Schedule

Wednesday, September 11
WHERE THE LILLIES BLOOM—Julie Gholson, Harry Dean—Drama (G)

Thursday, September 12
EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT SEX BUT WERE AFRAID TO ASK—Woody Allen, John Cazandre—Comedy (R)

Friday, September 13
CONRACK—Jon Voight, Paul Winfield—Human Interest Drama (PG)

Saturday, September 14
THE BUTCHER—Stephane Audran, Just Yanne—Suspense Drama (PG)

Sunday, September 15
THE POSSESSION OF JOEL DELANEY—Shirley MacLaine, Perry King—Horror Drama (R)

Monday, September 16
HITLER: THE LAST TEN DAYS—Sir Alec Guinness, Simon Ward—History-Drama (PG)

Tuesday, September 17
MAN ON A SWING—Chiff Robertson, Joel Grey—Mystery-Drama (PG)

Wednesday, September 18
JOE KIDD— Clint Eastwood, John Saxon—Western (PG)

Thursday, September 19
THE MUTATIONS—Donald Pleasence, Tom Baker—Science Fiction (R)

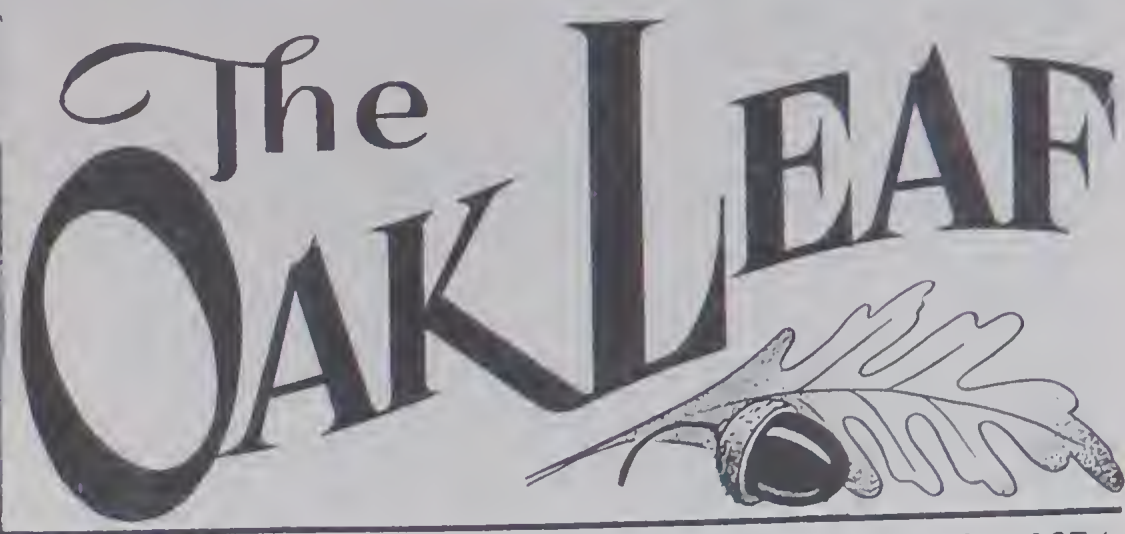
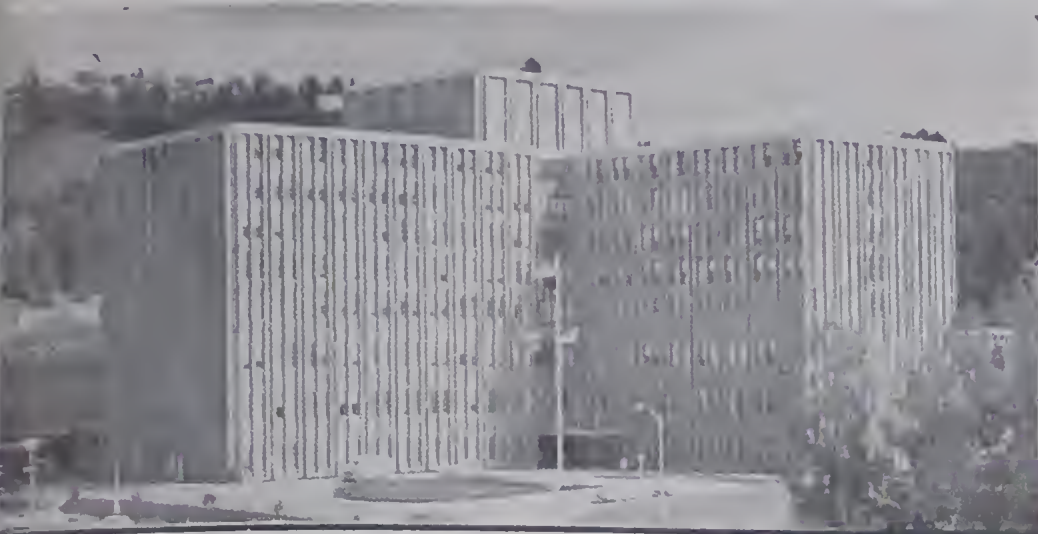
Friday, September 20
CONQUEST OF THE PLANET OF THE APES—Roddy McDowell, Ricardo Montalban—Science Fiction (PG)

Saturday, September 21
DRACULA A D 1972—Peter Cushing, Stephanie Beacham—Horror (PG)

Sunday, September 22
SISTERS—Margaret Kidder, Jennifer Salt—Murder Mystery (R)

Monday, September 23
BANG THE DRUM SLOWLY—Michael Moriarty, Robert DeNiro—Drama (PG)

Tuesday, September 24
HAPPY NEW YEAR—Lino Ventura, Francoise Fabian—Adventure-Comedy-Drama (PG)



LET CFC FLY!
Key Fems and Men Selected
Sky's the Limit (Not All Pictured)



LCDR ADAM ANTONOPOULOS
CFC Subarea Coordinator
and Project Officer



'Here's Mine,' CO Says

A 101-year-old man became fed up with a convalescent home and walked out because he said he "didn't have much time to work things out." A CFC supported service, the San Francisco Home Health Service, helped him at that grim point in his life.

"I didn't need much help for the first 100 hears," he said, "but I'm glad it's here for the second hundred."

YOU may never need the CFC, but wouldn't you like to know it is there if you ever do need it?

You may not like the goals of one or two of the 200 agencies helped through the Combined Federal Campaign (United Bay Area Crusade), but wouldn't you hate to see the time when people quit helping people? Wouldn't it simply be "catastrophous" if there were no PEOPLE HELPING PEOPLE! Even at this Naval Regional Medical Center, dare think of life without the Red Cross? Hurricane Misfortune may strike any of us any time, it could be a case of Self Helping Self.

CFC Needs
Cost of Living Boost
Too!

GIVE A LITTLE BIT MORE!
GIVE PAYROLL DEDUCTION!
GIVE FAIR SHARE GIVING!

Some goals of the key leaders are to attain 100 per cent fair share giving, preferably the painless way, by payroll deduction, and to encourage an increase over last year to help some 200 agencies meet their inflationary costs too.



The Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services,
Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka, HN Paul Tooley

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THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Regional Naval Medical Center, Oakland, California 94627.

+ + Chaplain's Corner + +

In his book, *THE LAST TEMPTATION OF CHRIST*, Nikos Kazantzakis tells of a man who comes to Jesus and asks, "When shall I see the Lord? When shall I find peace?" Jesus answers by telling a charming story.

There was a marble throne near the east gate of a very large city. Several thousand kings had sat upon the throne, each longing to see God, but all had died and their hopes had been frustrated. The royal line had run out. A beggar, barefooted and hungry, seized upon the opportunity to sit upon the marble throne. He sat there and whispered:

"God, the eyes of man cannot bear to look directly at the sun, for they are blinded. How then, Omnipotent, can they look directly at you? Have pity, Lord; temper your strength so that I, who am poor and afflicted, may see you."

And God did temper his strength. God became a piece of bread, a cup of cool water, a warm tunic, a hut, and in front of the hut, a woman nursing an infant. The beggar stretched out his arms and smiled happily:

"Thank you, Lord. You humbled yourself for my sake. You became bread, water, a warm tunic, and my wife and son in order that I might see you. I bow down and worship your many-sided face."

Is this not what Jesus of Nazareth has taught us? Is this not what we mean when we say that He is God-made-man? That God has drawn very close! As close as human life! As close as bread and wine! As close as our coming together! As close as the person into whose eyes you are looking!

"Where is God?" "Where is the Messiah?" "He is here now; in the ordinary moments of life, He comes. Be alert! For if we do not see Him here and now, how can we hope to see Him in some vague and perhaps distant future?"

LTJG Thomas S. Borkowski, CHC, USNR

Credit Union Wins Thrift Honor Award

The Alameda Coast Guard Federal Credit Union this past fiscal year attained a monthly rate of growth of 3.3 percent in accounts under \$20,000. This is above the average for Federal credit unions of similar size, and the credit union has earned the distinction of receiving a Thrift Honor Award for its success in stimulating savings among small savers. The savings averaged about \$775 for each of the 16,022 members, who as of July 31, 1974, had a total saved of \$12,416,281.

At Crew's Library

FICTION

The Billion Dollar Sure Thing. Paul E. Erdman. The author comments on the international money market in this novel of suspense about a secret U.S. plan for a monetary change.

Regiment of Women: A Novel. Thomas Berger. Living in the ecologically-destroyed 21st century, George Cornell, like all other men, dresses and acts like a woman and tries to cope with feminine militancy.

The Ungodly: A Novel of the Donner Party. Richard Rhodes. Dramatizes the hardships endured by the families of the Donner Party in their struggle to reach California in the 1840's.

Breakfast of Champions—or, Goodbye Blue Monday. Kurt Vonnegut, Jr. The author questions the condition of modern man in this novel depicting a science-fiction writer's struggle to find peace and sanity in the world.

The Oath. Elie Wiesel. After 60 years of silence Azriel will break his oath revealing how the town of Kolvillag vanished and why.

New Year Began For Military Wives



SIGN ON for a project, anyone?

Some 115 officers' wives received a welcome from the Commanding Officer at their first luncheon of the season held September 11 at the Officers' Mess (Closed).

Here on base the Officers' Wives' Club serves a multipurpose. Always the first meeting of the year offers a time of getting acquainted. In addition it serves the command in many areas and affords new members an opportunity to find out the full spectrum of activities in the area.

At the signup tables, 26 volunteers showed a willingness to dedicate one or two afternoons a week to help supplement the staff by bringing playtime to the children on the Pediatrics Ward. Pam Dudney was one who signed up for pediatrics—plus bridge, tennis and cooking lessons. Yet she could have kept on being challenged by the many offerings.

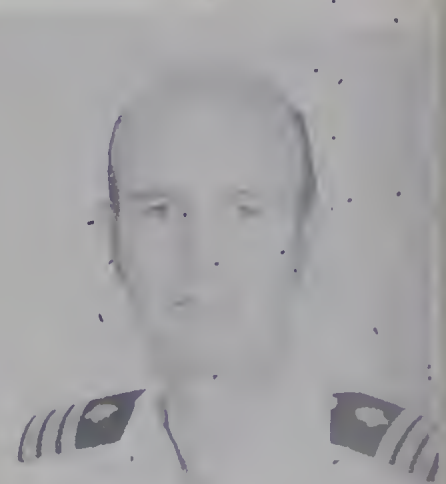
Navy Relief is always looking for volunteers to sew layettes, which

UP-IN-AIR COMMANDER IS DOWN TO EARTH

When several crew members from Eye Service phone THE OAK LEAF editor and rather insistently suggest, "It's about time you spotlight our Chief of Service!" then it's about time!

RADM Ralph E. Faucett, our retiring CO, brought a flavor of submarine medicine to the Medical Center. Now we have one aboard who has been an aviator-flight surgeon. In fact, CDR Philip T. Briska barely missed being one of our astronauts. He received a nomination as such, and is the recipient of the Air Force Commendation Medal for aiding in the definition and acquisition of a pressure suit for the Manned Orbiting Laboratory.

Flying a Crusader F-8 high performance supersonic aircraft or a Sabreliner Executive Jet is part of the "did do" of the Commander's background. A Navy citation for aeronautical excellence in air-to-ground rocketry and the Surgeon General's award in aviation medicine (top of class of '64) are a few other things to be found in his curriculum vitae. He received his A.B. Degree at Harvard in 1952; M.D. at Columbia, 1963. He was one of 12 fighter pilot physicians in the Navy; and flying from his squadron based at Pt. Mugu, he knows the thrill of landing on the USS CORAL SEA. 'Tis said that once the feel of fighter blood flows



through the veins of a flyer, he never quite gets over the malady. And to ensure keeping a little of the airborne spirit, CDR Briska will continue to put in four hours a month flight time.

But now for down-to-earth data! The only thing that might make his hot fighter blood run a bit cold is the Bay Area weather. After being acclimatized to Southern California, the Commander finds that it takes a few more blankets to keep warm in his new Moraga, Ca., home, where he resides with his wife, Patricia, and three daughters and a son.

CDR Briska replaced retiring CAPT Frank Schmetz as Chief of Ophthalmology on September 9, 1974.

Obligated Service

Requirements Revised

WASHINGTON, D.C. (Nav-News)—The Bureau of Naval Personnel has revised some obligated service requirements for certain Navy benefits and actions. The following new procedures are effective immediately:

—The one-year obligated service requirement for advancement to E-5 and E-6 as a result of successful participation in a Navy-wide examination is cancelled.

—The Associate Degree Completion Program two-year extension requirement for acceptance into the program is cancelled.

—Obligated service orders for permanent change of station, except for overseas duty, will not be issued by the chief of naval personnel, nor will obligated service be required for acceptance of orders to temporary additional duty training, or training assignment by the chief of naval personnel.

Obligated service for the following personnel actions remain in effect:

—Initial enlistment school assignment programs: school guarantee, occupational specialty, nuclear field, advanced electronic field, programmed school input, non-school enlistee in recruit training obligation for school assignment.

—Selective Training and Retention program.

—Selective Conversion and Retention program.

—Advancement to E-7; E-8; E-9

—Accelerated advancement program.

Who's Been Doing What . . .



HONOR STUDENT HM2 Robert Hoffner of Class 71 is assisted in cake cutting by Mrs. Faye Flannery and her husband and class adjutant HMC Warren Flannery at the reception following graduation exercises of Preventive Medicine Technicians.

Bits and Pieces

The Commanding Officer in addressing the wives of officers at their luncheon didn't exactly promise them lights for the tennis court, but he did say he was becoming "enlightened" about a number of things since his arrival here.

The President of the Officers' Wives' Club in introducing the new interns wives billed them as the "ones who send us home to our mirrors."

"What's the start of the day without ketchup on the egg!" That expresses the feeling of CDR J. J. Dunn, NC, recently hospitalized here. And where most patients receive gifts of stationery, plants, perfumes and flowers, the favorite offering received by LCDR Dunn was a near-half gallon of tomato ketchup. She and CAPT Zabel, our Chief of Nursing Service, served a tour together in Japan and are close friends.

What's The I.D.?



THE IDEA is that this Blondie, Susie Baker, is not at the entrance of the Navy Exchange wholly for ornamental purposes (although the male flow through has seemed to increase recently); identification is now required at both the front and rear entrances of the NX and you just better be able to prove your eligibility to purchase. Show your true colors with that orangy-tan card, Ma'am. Sir.

PT/OT Students Make Dean's List

Physical and Occupational Therapy Technician School students recognized by De Anza College are HN Steven B. Albin, HM3 Kathleen M. Allen, HN Carmen M. Barnett, HM2 Carlos H. Calvillo, HN Robert G. Clevenger, HM3 Robert A. Elveru, HM3 Cary R. Guild, HN Darnell Lathan, HM3 Paul R. Merrill, III, HM3 Scott J. Palmer, HM2 Bradley D. Pickering, and HM3 Noreen M. Thompson qualified for the Dean's Honor Roll at De Anza College, Cupertino, Ca., during the 1974 summer session by receiving a grade point average of 3.0 or better.

Additional recognition went to Clevenger, Elveru, Lathan, Palmer, Pickering and Thompson for maintaining a grade point average of 4.0.



LABORATORY TECHNICIAN Basic School, Class 7501, graduating October 4: DT2 Richard Smith, DT3 Thomas La Barbera, HM3 Scott West, HN Mark Goudie, HM3 Daniel Stephenson, HN Walter Dry, HM2 Michael Moyer, HN Ronald Bliefert, HN Tamer Gozleve, HM3 Robert Farrer, HN Henry Shaw, HN Taylor McKeeman, HM3 Gary Murphy, HM3 Henry Stanley, HN Hollis Beal.

OLD PUSHBUTTON HAS NEW SMOOTHIE HOUSING

It wouldn't really be polite to ask the next above-knee amputee you see, "May I see your pushbutton?" But he has one which he skillfully manipulates, each time he removes his prosthesis, by pushing a valve at the side of the leg just above the knee. It relieves the suction inside the stump-socket and permits him to slide his artificial leg off.

Anyway, it's not the pushbutton valve itself that has won for the Navy a new patent. It is the valve housing used in foaming and finishing above-knee suction sockets that has won recognition for a Naval Prosthetics Research Laboratory twosome, Harry N. Hughes and Gene Helmuth. They have again been recognized, this time for a socket finishing technique that not only, esthetically speaking, is much improved over yesteryear's model, but saves at least an hour and a half in each finishing process for the prosthetist.

In 1972 the first article about the valve housing appeared in a national magazine. As late as last week, NPRL sent samples to facilities in North Carolina and as far away as Australia.

It makes no sense to talk about the international fame of our Navy Prosthetics Research Laboratory back in World War II days when we were internationally known as an outstanding rehabilitation center. We're famous today. Here in 1974—still performing a service for all mankind! Thanks to those inventive geniuses who keep their creative minds ever active working from the lower deck.

Many Are Graduating



OPERATING ROOM TECHNICIAN CLASS No. 7405 adopts Baby Hertz as a future technician. [Top row] HM3 M. Hertz, HM3 F. Williams, HN C. Sharp, HM3 M. Cornwell, HM3 X. Hall, HN N. Frazer, HM3 D. Brittain, HA K. Malarkey, HM3 G. Gonyaw. [Bottom row] CDR Nancy Hatch, CAPT George Gorsuch, CAPT George Metz, CDR Donald Bell, CDR Wayne Rushing.

REENLISTMENTS

HM1 William L. Killian, 3rd reenlistment, for 6 years (Cardiopulmonary Laboratory).

HM2 Lloyd R. Robinson, 2nd reenlistment, for 6 years (Patient Affairs).

HMC John C. Terry, III, 1st reenlistment, for 6 years (Lab).

RETIREMENTS

CAPT Frederick L. Austin, Jr., after 20-1/2 years (ENT).

Mrs. Gus Matalas, (Naval Supply Center), after 26 years.

Mrs. Elvera Rivers, LVN, after 24 years.

TO FLEET RESERVE

HMC Max D. Mendenhall, after 20 years, (Medical Repair).

HMC Arthur W. Nicewander, after 19-1/2 years (Medical Repair).

COMMENDATIONS

SMC William I. Schwartz.

PROMOTIONS

LTJG Joseph Brown, NC.

LTJG Peggy J. Shepherd, NC.

RESIDENCY CERTIFICATES

LCDR N. Hoger, Internal Medicine.

LETTERS OF APPRECIATION

CDR Thomas N. Markham, MC (Mare Island Shipyard Dispensary).

HA Shaw E. Weaver, (OR).



MR. GENE HELMUTH



MR. HARRY HUGHES

Department of the Navy



Good Conduct Award

Fidelity Zeal Obedience

HM3 Michael F. Hamilton.

HM2 Vaughn A. Hoover.

HM2 Leonard L. Pedrotti.

HM2 Philip G. Storms.

OFFICER HAIL & FAREWELL

Arrivals	From	To
CAPT Charles L. Brodhead, Jr., MC	NRMC San Diego	Surgery
CAPT John Caruso, Jr., MC	NRMC Philadelphia	Disp Navshipyard MI
CDR Frederick R. Deane, MC	USS KITTY HAWK	Psychiatry
CDR Robert L. Donnell, MC	NRMC San Diego	Internal Med-Hematology
CDR Robert L. Houts, MC	NRMC Philadelphia	Radiology
LCDR Larry D. Cordell, MC	Dupont Institute, Wilmington	Orthopedics
LCDR David A. Depp, MC	USS ENTERPRISE	Surgery
LCDR Robert W. Duke, CHC	USS PROTEUS	Pastoral Counseling Res.
LCDR George J. Hansel, MSC	Naval Station, San Diego	PMT School
LCDR Colon S. Jackson, CHC	Pearl Harbor	Religious Activities
LCDR Sinclair R. Knapp, MC	NRMC Great Lakes	Psychiatry
LCDR Victor L. Lewis, MC	USS RANGER	Surgery
LCDR Daniel J. MacNeil, MC	NRMC San Diego	Internal Med-Cardiology
LT Jerome J. Bielawski, MSC	NH Key West	DMO Comtwelve
LT Guy L. Comeaux, MC	USS SAN JOSE	Disp Moffett Field
LT Liang G. Liem, MC	Inactive	Disp Moffett Field
LT James M. Merritt, MC	NRMC Great Lakes	Internal Medicine
LTJG Richard R. Gayton, MSC	NNMC Bethesda	Clinical Psychologist
LTJG Susan L. Gerhard, MSC	NNMC Bethesda	PTOT School
LTJG Robert P. Heisler, MSC	NRMC Pensacola	Food Management

Departures	To
LCDR Mohammad Amin	Pakistan
LCDR Michael D. Anderson, MC	RAD, California
LCDR Delbert H. Hahn, MC	NRMC Great Lakes
LCDR Norman G. Hoyer, MC	USNH Guam
LCDR William M. Murphy, MC	RAD, Tennessee
LCDR Boyd G. Stephens, MC	RAD, California
LTJG Margaret E. Williams, MSC	USNH Guam

NURSING SERVICE

Arrival from Taipei, Taiwan LTJG Sheila R. Sannes

Arrivals from Newport, R.I.

ENS Christine Carrs
ENS Toni M. Cacioppo
ENS Patricia A. Herion
ENS Robert A. Jones
ENS Mary K. Olewiler
ENS Susan L. Pfeiffer
ENS Joan A. Schwelitz
ENS Dianne L. Sikorski
ENS Donald S. Steffey
ENS Jo E. Swanson
ENS Deborah L. Weber

Dental Clerkships:

ENS Daniel K. Lee
ENS Laurence S. Wong
ENS Perfecto F. Notario
ENS Lester J. Quan
ENS Joseph F. Coccellato
LTJG Stephen J. Schroeter

Others:

ENS Doran M. Christensen, CL Clerk—Psychiatry

NURSING SERVICE

Departures

LT M. Heydon
ENS S. Ona
LTJG R. Young
LTJG K. Eastman
LTJG S. Knox
LTJG K. Colling
LTJG S. Sdao

To

USNH Iwakuni
Long Beach
USNH Yokosuka
RAD
RAD
RAD
RAD

Navy Exchange To Close For Holidays

The NRMCO Base Exchange will observe Columbus Day and Veterans' Day and be closed on Monday Oct. 14 and Oct. 28.



26 Supervisors Have Chance At Associate Arts Degree

Some exciting opportunities are being offered at NRMCO these days. The "talking" stage about upward mobility opportunities has turned into a "doing" phase. There is now being offered, on base, through a cooperative arrangement with Peralta Community College, a no-cost course in supervision leading to an Associate of Arts Degree.

In the past, an austere funding program restricted training efforts and limited class size to about 10 percent of all eligibles. At last 26 supervisors, some with zero years to 15 years experience, are being given a chance to update their supervisory skills with theories and knowledge of contemporary concepts in humanistic management. Now, supervisors from food service, the laundry, housekeeping, personnel, the dispensaries—all areas of the Medical Center—may add the prestige of a degree to their personnel folios. Classes meet every Tuesday from 2:30 to 5:30 p.m. for 3-hours' credit.

Civilian Personnel advises that future plans for starting new classes are still on the planning board. No announcement will be made until toward the end of the present semester.

*Hold On There,
Judy Wright!
Don't
Get Too Carried
Away
By The CFC!*



Movie Schedule

Friday, September 27
DOBERMAN GANG—Byron Mabe, Ha Reed—Comedy Drama (PG)
Saturday, September 28
WHITE LIGHTNING—Burt Reynolds, Jennifer Bellingsley—Action Drama (PG)
Sunday, September 29
CLASS OF '44—Gary Grimes, Deborah Winters—Comedy (PG)
Monday, September 30
THE POSEIDON ADVENTURE—Gene Hackman, Ernest Borgnine—Adventure (PG)
Tuesday, October 1
NEWMAN'S LAW—George Peppard, Roger Robinson—Drama (PG)
Wednesday, October 2
THE TAKE—Billy Dee Williams, Ed Albert—Crime Drama (PG)
Thursday, October 3
THE CANDIDATE—Robert Redford, Faye Douglas—Drama (PG)
Friday, October 4
THE RULING CLASS—Peter O'Toole, Alan Sims—Comedy (R)
Saturday, October 5
DEEP THRUST—Angela Mao, Chang Y—Action Drama (R)
Sunday, October 6
SUPERFLY TNT—Ron O'Neal, Roscoe Lee Browne—Action Drama (R)
Monday, October 7
SCARECROW—Gene Hackman, Al Pacino—Drama (R)
Tuesday, October 8
THUNDERBOLT AND LIGHTFOOT—Clint Eastwood, Jeff Bridges—Crime Drama (R)
Wednesday, October 9
THE BLACK WINDMILL—Michael Caine, Donald Pleasence—Action Drama (PG)
Thursday, October 10
AVANTI!—Jack Lemmon, Juliet Mills—Comedy (R)
Friday, October 11
JUNIOR BONNER—Steve McQueen, Robert Preston—Drama (PG)
Saturday, October 12
ELECTRA GLIDE IN BLUE—Robert Bly, Billy Green Bush—Drama (PG)
Sunday, October 13
SLAUGHTER—Jim Brown, Stella Stevens—Action Drama (R)

More Bits and Pieces

Some Admirals accept the weekly haircut merely for preservation of image, but RADM Sparks, CO, someone should hang a sign on him. "DON'T DISTURB. Thought Fabrication Ongoing!" It's during those moments of quiet reflection that he can generate his most creative thinking—along lines, such as "Methods for updating Operating Room logs."

Need helium? Call on Nancy down at Transportation; there's nothing inert about that gal. She made a phone call to a friend, who switched on about 25 operators at a doctor's answer service. Result: In no time at all, a nice young man at Bayox, Inc., 64th and San Pablo, Oakland, saying, "Bring your balloons out, and I'll fill them for you free for CFC and NRMCO."

Would you hire you?

The Short Sheet

Navy Accepts Woman Engineer

Miss Ellen Turney of Suisun, Ca., will be the fourth woman in the Navy's history to serve in the Navy's Civil Engineer Corps—the officer counterpart of the Seabees. The first two served for a short period during World War II and the only other one now on active duty is serving in Guam.

"I have been encouraged to serve in the Navy by my father," Ellen said. "Dad feels that the Navy has been more progressive in giving women a chance to advance on their own merit. For example, although Dad is retired Air Force, he pointed out that the Navy is the only service that currently employs female pilots."

Cost-of-Living Pay Raise Approved

The Senate voted 64-35 to overturn President Ford's request to delay the scheduled Oct. 1 military and federal employee pay increase. The 5.5 percent cost-of-living raise, which Mr. Ford asked to take effect Jan. 1 as an anti-inflationary measure, will show up on the Oct. 31 pay checks for civilian employees and as soon for the military as all the factors which must be included can be computed.

Women In Action Met Yesterday

Not a Lib group, but a Federal Women's Program for positive action—that's what Women in Action stands for. The group feels they have spearheaded some of the training and upward mobility programs now beginning to be manifest at Naval Regional Medical Center, and a few other minor reforms that have been instituted.

Why not join them at their next meeting? It is tentatively set for October 22.

Free Membership Offered

Active duty service personnel and their dependents may obtain a free YMCA Special Membership card upon presentation of a current ID. For civilians, the annual rate is \$5.00 for adults.

PLAN AHEAD. You have only until November 20 to get ready for the major fund raising project of the year. The Bazaar which helps support the day care center, pediatric clinic, Jango's, Christmas basket and Christmas wrap projects. Questions? Call Leslie Branham at 635-5097.

First EMT Class Declared Success

Eighteen graduates from this Command's first emergency medical technician class went forth as nationally registered EM technicians, and their staff instructor, HM1 J. W. Brasseur, was full of praise for the exceptionally high grade average of the group.

The first graduating class included Greg Campbell, Virginia Fox, Norman Griffith, Charles Hindes, Carole Mitchell, Gary Stone and Thomas Walter from NRMCO Oakland. From the Branch Dispensary, Moffett Field, Thomas Boyd; from the Branch Dispensary, Alameda, Stephen Eckert, Sue Ann Montgomery, Michael Scott and Randall Vaughn. From the Naval Dispensary, Treasure Island, August Carlson, Fernando Gutierrez, Ronald MacKay, Lawrence Nordoff, Lawrence Pereira and Kevin Shapley.

Students were turned away from the class which began September 5 when a capacity 35 enrolled. Classes are conveniently scheduled every Tuesday and Thursday at 1:30 and 3:30 p.m. to accommodate the working hours of corpsmen.

Make Every Week Fire Prevention Week At NRMCO!!

Three To Attend Nurse Practitioner Course

LCDR S. R. Bagbey, LTJG M. M. Raines and LTJG A. V. Nowak, Nurse Corps, will leave September 30 to attend a family nurse practitioner program at San Diego. The 1-year program at graduate level is in conjunction with the University of California, San Diego, and 15 Navy nurses and nine civilians will be in attendance for the first course.

On the Bookshelf

NON-FICTION

Life Along the San Andreas Fault.

John J. Fried.

How to Get \$50,000 Worth of Services Free, Each Year, From the U.S. Government. Joseph E. Cossman.

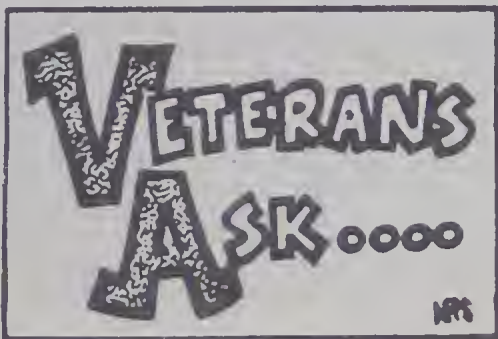
You, Inc. Peter Weaver. (On small business.)

"I Managed Good, But Boy Did They Play Bad." James Alan Bouton. (Baseball).

Daily Life in People's China. Arthur William Galston.

Lions in the Street. Paul Hoffman (Wall Street lawyers).

Downhill Lies and Other Falsehoods or How to Play Dirty Golf. Rex Lardner.



Q—I understand the Veterans Administration is offering five-year, non-renewable Veterans Group Life Insurance to veterans whose Servicemen's Group Life Insurance was terminated less than four years ago. When will this coverage be available?

A—On August 1, 1974, as authorized under the Insurance Act of 1974 (May 24). But application must be made within a year of that date.

Q—How do I go about getting the \$150 annual clothing allowance the Veterans Administration pays certain disabled veterans?

A—All you need do is apply to the nearest VA office if you wear a prosthetic or orthopedic device for a service-connected disability which tends to wear out or tear your clothing.

EDITORIAL

Looking for a New Job?

Here are a few tips on getting a job in civilian life.

Upon leaving the Service be sure to seek an employer that can meet the following conditions:

You should receive at least \$356 take home pay per month after taxes, dues and medical insurance. Request regular promotions with pay raises for length of employment.

Request 30 days paid vacation per year starting with your first year. Also, you should have low rate or free world travel privileges anytime on vacation.

You must be able to continue your education with the company paying 75 per cent of the cost of learning. If you are selected for college, your tuition should be paid and your normal salary continued.

Ask for \$300 worth of clothing and a monthly maintenance allowance, plus rations and housing allowance.

Make sure the company has a swimming pool, tennis courts, golf course, library and movie theatre for your use.

Your employer should also provide unlimited sick leave with pay, and don't forget, dental and

medical care should be free for yourself and your family.

The company should provide a grocery, department, laundry, variety and other stores which reduce your expenses up to 30 per cent.

Make sure the retirement clause states that you may retire after 20 years at half pay.

You should be able to relocate at your request, anywhere in the United States or free world. Have the company pay your travel expenses up to eight cents a mile and move your household articles free of charge. If you are married, make sure your dependents travel for free and that you receive one month's extra housing allowance each time you move.

Inform your employer that you want up to \$10,000 to stay on with him.

Don't forget to let your employer know that you are not experienced in the work, but you would like to train and receive all company benefits right from the start.

Now if your would-be employer cannot meet the above requirements, see your Service Career Counselor—he works for an employer that can!

NAVY A PROUD 13 October
BIRTHDAY TRADITION 1974

Sports Shorts

INTRAMURAL BASKETBALL LEAGUE

The 1974-75 intramural basketball league season is tentatively set for the week of November 27. All games will be played on Wednesday nights at the station gymnasium. Rules of the NCAA will govern. First and second place awards will be presented at the end of playoffs. There will be a four team playoff.

ENTRY DEADLINE: Noon Wednesday, November 20, 1974. Call in entries to ext. 2350.

BASKETBALL

Players are wanted to form a team to play in the 12ND Travel League starting November 11. The team is open to all active duty male personnel attached to this Command.

Contact Mr. Ron Brown for more information, ext. 2350.

BOWLERS WANTED

Wanted—Women Bowlers to form NRMC team to bowl in 12ND Bowling League.

Contact Ron Brown, ext. 2350. **ACTIVE DUTY ONLY!**

CROSS-COUNTRY INVITATIONAL MEET

The first five places of the Cross Country Invitational Meet held at Naval Station, Treasure Island September 20 are:

First place—Cpl Black, MF, 23:09; Second place—CTOSN Dooley, TI, 23:52; Third place—DSCS Holder, MI, 24:35; Fourth place—ADJ1 Jaene, MI, 25:49; Fifth place—HM2 Svoboda, NRM-C, 26:15.

WOMEN'S SINGLES TENNIS LADDER

The Officers' Wives' Club is sponsoring a Women's Singles Tennis Ladder. Whether you're a beginner or an experienced player, if you are interested in playing some challenging tennis, join in.

Competition opportunities are for women with court privileges; no age limit. To obtain a copy of rules for the ladder or for more information, please call Miriam Simpson (534-8916).

RED CROSS SENIOR LIFESAVING COURSE

Classes will start at 7 p.m., Tuesday, October 15, at the station pool and continued every Tuesday and Thursday through November 14. All staff and their dependents are eligible for this chance to renew an expired card or become a senior lifesaver.

ARMY vs UC

The University of California Athletic Department invites members of the Armed Forces to attend the Army-California football game on Sept. 28, at Memorial Stadium, Berkeley. Tickets are \$1.50 upon presentation of an ID card at any south end ticket booth on the day of the game. This price is applicable to all of Cal's home games with the exception of the Stanford game.

KEYMAN TIRRELL TOSSES CHALLENGE!



He Plans To Be First To Reach His CFC Goal!

Hail & Farewell

ENLISTED REPORTING:

From Naval School Health Science, San Diego, HAs Dwight Capps, II, Robert Frizzie, HAs Robert Pedroza, Dahl Decker and Richard Edgar; HNs Eric Kristoff, Barbara Kornovich and William Carlson.

From Naval Regional Medical Clinic, Pearl Harbor, Hawaii, HN Richard Bailey.

From Naval Health Science Education & Training Command, Bethesda, Md., HM2 Joseph Ragan, Jr.

From Naval Regional Medical Center, Charleston, S.C., HM2 Darlene Knowles.

From Naval Regional Medical Center, San Diego, HA Richard Daly.

ENLISTED DETACHED:

To Naval Submarine Medical Center, New London, Conn., HM1 Warren Smith, HM2s William Elwood and James Kellam.

To USS TOLOVANA (AO64), SMC William Schwartz.

To AFES, Philadelphia, Pa., HM1 Russell Ralston.

To Naval Regional Medical Center, San Diego, HA Stephen Vavro.

To Naval Regional Medical Center, Yokosuka, Japan, HM2 James Smith, Jr.

To Naval Air Station, Fallon, Nev., HN Kathleen Miller.

To Naval Hospital Memphis, Millington, Tenn., HN William Wilson.

Released to Inactive Duty in Naval Reserve, HM3s John Prosser and David Lerda.

Discharged from United States Navy, HM3 Patricia Hall.

Transferred to Fleet Reserve, HMC Arthur Nicewander.

CHESS

The Oakland USO Center, 518 - 17th Street, will offer a series of lessons in chess on a no-fee basis. The classes start Thursday, October 3, at 8 p.m. Call 893-4966 to reserve space.

THE Military Wife of the YEAR 1975



Champus Corner

CHAMPUS provides medical benefits to retired members of the uniformed services, spouses and children of active duty and retired members of the uniformed services, and survivors of deceased active duty or retired military personnel. Parents and parents-in-law are not CHAMPUS beneficiaries, but they may receive space-available care in uniformed Service facilities.

Basically, benefits include inpatient care and treatment of medical and surgical conditions; nervous, mental and emotional disorders, chronic conditions and diseases. Since May 1974, CHAMPUS has required that all medical, including psychiatric, facilities must be accredited by the Joint Commission of Accreditation of Hospitals.

Included also are maternity and infant care; diagnostic tests and services; anesthetics and oxygen and their administration; blood transfusions; radiation therapy; physical therapy; and orthopedic braces (except orthopedic shoes) and crutches.

Other benefits are artificial limbs and eyes; special or contact lenses; immunizations and physical examinations when required as a part of medical treatment or for diagnostic purposes; dental care when medically or surgically adjunctive.

In addition, home calls when medically necessary; family planning services; drugs and medicines obtainable only by prescription; insulin; rental of durable equipment, such as wheelchairs or hospital beds; and non-government ambulance are included.

Abortions are listed among the benefits, provided such procedures are consistent with the medical and legal standards of practice in the applicable jurisdiction.

Personal assistance concerning CHAMPUS and a pamphlet titled "Uniformed Services Health Benefits Program," which explains how CHAMPUS works, are available from your local health benefits counselor, Outpatient Service, ext. 2041.

It Has Been a HOT Wait!



The above picture portrays the reverse of the usual slogan, "Every litter bit hurts a lot." Most employees in building 500 will agree that in this case every litter bit will eventually help a lot. They can more happily endure the mess if nurtured by the thought that some two years hence cold air will flow through those same tin pipes which now emit only hot air.

When the main hospital was completed in 1967 the weather data at the time did not justify air conditioning for the facility. The operating rooms, intensive care sections and radiology (about 25 percent of the facility) were the only areas which were air conditioned. Over the years, reality and the thermometer have

changed the criteria for the Oakland area. At present, the Scott Construction Company of California, with Mr. Larry Hengel acting as project manager, is undertaking the \$4 million primary modification of extending air conditioning to the entire building.

The air conditioning project also accounts for the two trailers marring the landscape behind the hospital; they are serving as office space for some of the construction personnel. The plowed paving That has nothing to do with the air conditioning. The City of Oakland is putting in new sewer lines, and the Medical Center is merely providing right of way and coordination. A little patience and the Center will get it all together again.

The 1975 Military Wife of the Year Program kicks off for the ninth straight year as the search begins around the world to find the five military wives who best represent the one and one-half million wives of the men serving in the United States Armed Forces. The program focuses attention on the large scale voluntary efforts expended by these women in fostering better human relationships around the globe through their involvement and participation in public service.

The five Military Wives (one from each service) and their husbands are invited to Washington, D.C., to attend all functions culminating at the annual Military Wife of the Year Awards Banquet where all five "Military Wives of the Year" will be honored.

Criteria for applications and official entry forms may be secured at Special Services.



The OAK LEAF

Vol. 36, No. 19

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

Friday, October 11, 1974

Committee Acts As Aid To Command

By CDR WALTER HUURMAN

On April 17, 1972, Naval Hospital Oakland Instruction 5423.1 directed the formation of a little known but very functional committee. Entitled the Commanding Officer's Medical Department Officer Advisory Board, the group was to be composed of four representatives of the Medical Corps and one each from the Dental Corps, Nurse Corps and the Medical Service Corps.

Since its inception two and one-half years ago, the group has met with the Commanding Officer monthly, serving as a direct line between the entire hospital staff and the "front office." The Surgeon General suggested the committee bring current problems of major and minor significance to open discussion and suggest possible solutions or alternatives.

Although patient care items receive top priority on the monthly agenda, no problem submitted for consideration has been brushed aside. The spectrum has included widely diversified topics, from Navy Exchange inventory to improvement of the present Emergency Room facility. The establishment of a special line for uniformed staff personnel at the service station during the recent gasoline "crunch" resulted from a committee suggestion and has been successfully carried on during the lunch hour; problems

surrounding the operation of the Primary Care Clinic have frequently been extensively brought out, discussed and occasionally solved.

The effectiveness of the committee in uncovering and acting upon personnel and patient problems of any type is dependent upon a steady flow of agenda items to the members, and thereby to the Commanding Officer.

The current chairman of the Advisory Board is CDR William Deignan.

BULLETIN

Influenza virus vaccinations will be given on base from Oct. 29 through Nov. 2 in Staff Sick Call.

All staff personnel and military dependents are eligible.

Scared To Death By Spiderman? —Not On Your Life!



Nope, Spiderman didn't scare Scott Neumann, patient in traction, from Hayward! Not on your life—but Scott nearly laughed himself to death! Even a 12-year-old boy knows that Spiderman is the good guy, and when he visited the wards giving out comic books (courtesy of Curtis Circulation Company), both little girls and big boys were eager to get his autograph.

Seven-year-old Lisa McMahon, a visitor from Livermore, was favored with Spiderman's signature, as was Bill Garrett, a patient on 7-North. Even dental resident John Berude was heard to say, "Ah, a handshake from Spiderman—my dreams have been fulfilled!"



THE SHORT SHEET

Naval Academy Announces Educational Opportunity

Sons of career military officers and enlisted men, deceased or disabled veterans, have an excellent chance to enter the U.S. Naval Academy. Young men between the ages of 16 and 21 who are interested should write the Director, Candidate Guidance Office, U.S. Naval Academy, Annapolis, Md. 21402. The President may grant 100 appointments annually on a competitive basis.

Health Benefits Plans Exclude Some Charges

Navy civilian employees are cautioned that both the governmentwide service benefit plan (Blue Cross and Blue Shield) and the indemnity benefit plan (Aetna Life and Casualty) exclude certain diagnostic admission charges. Anytime a doctor orders hospitalization primarily for diagnostic tests, be sure he understands that you may have to pay a large portion of the bill. Check your policy.

President Ford Sets Policy for Returning Deserters

About 727 Navy deserters may be eligible for the clemency program announced by President Ford. This program applies to all Vietnam-era draft evaders and military deserters who were absent from service during the period Aug. 4, 1964, through March 28, 1973. For information write to Chief of Naval Personnel (Pers-83), Navy Department, Washington, D.C. 20370, or call (202) 694-2007 or 694-1936. Application must be made before Jan. 31, 1975.

Scholarships Are Available to Navy Dependents

The Navy itself has no funds for the purpose of providing educational financial assistance to dependents of Navy people. However, various Navy, Coast Guard and Marine Corps oriented organizations have established scholarships. Application forms and a list of scholarships are available from the Chief of Naval Personnel (Pers-7311), Department of the Navy, Washington, D.C. 20370. Deadline for filing is March 15, 1975.

In addition to scholarships, the Navy Relief Society assists dependents with interest-free loans. Applications and additional information can be obtained by writing the Navy Relief Society, Suite 1228, 801 N. Randolph Street, Arlington, Va. 22203.

Lab Streamlines Test Results

Two new employees, Mrs. Sonny Baney and Miss Rachael Brown, have been hired in order to help centralize laboratory test results and to quicken reporting procedures. Results of laboratory tests are now being maintained by them at the laboratory reception desk. Past test results not present in the patient's chart may be obtained by placing a telephone call to them at ext. 2283. However, the results of procedures being performed currently should be

requested from the section conducting the test.

Ward and clinical personnel, when requesting patient test results by telephone are urged to give the patient's name and social security number and the date the specimen was collected. Because telephone requests frequently require a return call by the laboratory receptionists, the ward personnel are reminded to furnish a name and return call number.



THE SPOTLIGHT

is still on the
COMBINED FEDERAL
CAMPAIGN

The Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services,
Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Regional Naval Medical Center, Oakland, California 94627.

+ + Chaplain's Corner + +

"NATURE'S SOFT NURSE"

Life is a grim, tight lipped business here or anywhere and most men will eventually reach a point when they are wasted, spent and emptied. When that happens it becomes essential to go off to a retreat of some kind—a desert, a monastery, a cabin or a fishing boat—determined to let the rest of the world go by—at least until they are fresh and fit for social intercourse again.

Some men, myself included, have pondered, even planned, the extremes in retreats. There was a time in my life, before I learned better, when I thought the only possible thing I could do would be to cut all my ties, leave no forwarding address, no telephone number, break free of the web of commitments, drop everything I was supposed to do, cut out on those I was supposed to stay in touch with, and vanish into some broad anonymity of a large city or remote countryside.

Some men have actually done just that. Those that have talked to me about their experiences report that there was a delicious sensation at first but it was shortlived. Whatever temporary peace they had gained started to burn away like mist on a hot morning and they found themselves wanting to get back to the battle line of daily commitments and to the obligations they had contracted with life.

No matter how tired or desperate a man may become he is never able to help himself by breaking off altogether from his basic commitments. His fatigue may have made living a dreadful affair and he may be in some crisis which has brought him to the very frontiers of hell, but running off, ne'er to return, doesn't do much good.

Charles Kingsley wrote that the men whom he has seen succeed "went about their business with a smile on their faces, and took the changes and chances of this mortal life like men." I will add that the men whom I have known that have endured the hard places of this life and went on to a fair measure of contented living were those who had learned how to gracefully rest at appropriate times and then returned to the task that was at hand. Let no one think that the statement, "Gone Fishing" is to be ignored or taken lightly. It is as forceful and as affirmative as anything in the Bible: "On the seventh day God rested." Rest, like Shakespeare's sleep, is Nature's soft nurse.

On the Bookshelf

- At Crews Library
Building 101
- Please Pass the Guilt—Rex Stout: detective
- The Innocent Investor and the Shaky Ground Floor—Sidney Margolius: non-fiction
- The Child Stealers—Fred Grove: western
- The Tales of Olga da Polga—Michael Bond: juvenile
- Mad Ducks and Bears—George Plimpton: football
- Pandora's Planet—Christopher Anvil: fiction
- The Senator From Slaughter County—Harry M. Caudill: fiction
- The Eye of the Needle—George Garland: western
- Glenn's Complete Bicycle Manual—Clarence Coles and Harold T. Glenn: non-fiction



TWO RULES of thumb for smokers: (1) If you light a cigarette, don't lay it down until you've finished with it—then put it out! (2) NEVER smoke in bed. It's best not to even light up in the bedroom when at all possible.

A GOOD housekeeper very seldom has a fire.

NAVY BIRTHDAY SALE WILL CONTINUE THROUGH OCT. 12.
HURRY FOR BARGAINS!

Proposed CSC Pay Raise (As Published in Federal Civil Service Biweekly Newsletter)

GS	1	2	3	4	5	6	7	8	9	10
1	\$ 5,294	\$ 5,470	\$ 5,646	\$ 5,822	\$ 5,998	\$ 6,174	\$ 6,350	\$ 6,526	\$ 6,702	\$ 6,878
2	5,996	6,196	6,396	6,596	6,796	6,996	7,196	7,396	7,596	7,796
3	6,764	6,989	7,214	7,439	7,664	7,889	8,114	8,339	8,564	8,789
4	7,596	7,849	8,102	8,355	8,608	8,861	9,114	9,367	9,620	9,873
5	8,500	8,783	9,066	9,349	9,632	9,915	10,198	10,481	10,764	11,047
6	9,473	9,789	10,105	10,421	10,737	11,053	11,369	11,685	12,001	12,317
7	10,520	10,871	11,222	11,573	11,924	12,275	12,626	12,977	13,328	13,679
8	11,640	12,028	12,416	12,804	13,192	13,580	13,968	14,356	14,744	15,132
9	12,841	13,269	13,697	14,125	14,553	14,981	15,409	15,837	16,265	16,693
10	14,117	14,588	15,059	15,530	16,001	16,472	16,943	17,414	17,885	18,356
11	15,481	15,997	16,513	17,029	17,545	18,061	18,577	19,093	19,609	20,125
12	18,463	19,078	19,693	20,308	20,923	21,538	22,153	22,768	23,383	23,998
13	21,816	22,543	23,270	23,997	24,724	25,451	26,178	26,905	27,632	28,359
14	25,581	26,434	27,287	28,140	28,993	29,846	30,699	31,552	32,405	33,258
15	29,818	30,812	31,806	32,800	33,794	34,788	35,782	36,776	37,770	38,764
16	34,607	35,761	36,915	38,069	39,223	40,377	41,531	42,685	43,839	
17	40,062	41,397	42,732	44,067	45,402					
18	46,336									

* The rate of basic pay for employees at these rates is limited by section 5308 of title 5 of the United States Code to the rate for level V of the Executive Schedule (currently \$36,000)

Military Pay Raise Ups Three Basics

The President has signed an Executive Order providing a pay increase of 5.52 per cent in the basic pay, basic allowance for subsistence and basic allowance for quarters for almost two and one-quarter million members of the uniformed services. This Executive Order carries out the law enacted on September 19, 1974, which provides that whenever the rates of the General Schedule of compensation for Federal classified employees are adjusted upwards, there shall immediately be placed into effect a comparable upward adjustment in the basic pay, basic allowance for subsistence and basic allowance for quarters of members of the uniformed services.

The increases approved insure that the competitive levels of pay achieved through Public Law 92-129 in November 1971 are maintained.

This is the first pay raise to be placed into effect under P.L. 93-419 which allocates a portion of the pay raise to the allowances instead of placing the full raise solely into basic pay. This reform is significant in that it will bring the allowances more in line with the expenses they are supposed to defray, and it is expected to save about \$3 billion in the next 5 years.

Dated For Spook Night?

The Fleet Reserve Association, Branch and Unit 10, Oakland-San Leandro will hold its annual Halloween dinner-dance on Friday, Oct. 25, at the Veterans Memorial Building, 1105 Bancroft Avenue, San Leandro.

There will be refreshments from 6:30 to 7:30 p.m., dinner from 7:30 to 9:00 p.m. and dancing from 9:00 p.m. to 1:00 a.m. The music will be provided by the Yachtsmen.

There will be door prizes and prizes for the best costumes, however, costumes will be optional. Donation will be \$4.00 per person.

Your CFC Donation Bears NRMCO's Stamp of Approval



RIP-OFF CAN BE FATAL

The great traffic sign rip-off is costing American taxpayers \$16,500,000 a year.

Ripped-off signs to adorn can- teens and dormitory walls, signs spray-painted with slogans, signs riddled with bullets, signs run down by mindless joyriders—all are victims of vandalism from coast to coast.

Replacing and restoring the deliberately destroyed and defaced traffic signs costs an estimated 15 percent—or \$16,500,000—of the nation's yearly \$110,000,000 maintenance bill for signs, which ordinarily have a lifetime of 5 to 7 years.

Lives add to the toll. Teenagers swipe a stop sign, and that night a truck—with no warning to heed—hits a car and kills two. The arrow of the detour sign is spray-painted to point the other way—and to death for a driver who takes the bum steer.

The crisis in traffic sign defacement is costly, sometimes crazy, and often disastrous.

A CHILD'S GARDEN of Venom can be found in more than 100 plants which might be grown in an average garden. Learn what is poisonous.



Parents can build a college fund with bonds under the "tax free" education plan, by purchasing them in their child's name with a parent as a beneficiary. At the end of the first year a Federal income tax return is filed in the child's name, listing increase in bond value as income. No further returns need be filed as long as bond interest plus other income is less than \$750.

Or parents may elect to file a Federal return when the child begins to cash the bonds to pay college expenses. A return would then be filed annually by the child, reporting interest on redeemed bonds as income.

Who's Been Doing What . . .

Letters of Appreciation



DR CARL KARDINAL receives a letter of Appreciation from CAPT George E. Gorsuch, Deputy Commanding Officer.

HM1 HOLLY M. CAMPBELL
[Radiology]

LCDR S. R. BAGBEY, NC

LCDR Helen Pike, NC



HITC MAX GONZALES is outfished again by HA Sergio Torres on a deep sea fishing trip for friends and patients of NRMCO, sponsored by Mr. George Kerr, Sr., Berkeley Marina, and coordinated by Mr. Daniel Hernandez.

Reenlistments

HM1 Donald L. Imler, 3rd reenlistment, for 6 years. Member is AD from Branch Dispensary Mare Island, augmenting to Clinical Laboratory.

HM1 William Killian, 3rd reenlistment, for 6 years.

Letter of Commendation

HM1 William Killian
(Cardiopulmonary Lab)

Navy

Good Conduct Awards

HM1 Donald L. Imler,
3rd award.



THE NAVY WINS ONE as LCDR C. Pollard, Ophthalmology, augments DR Philip Briska, Chief of Service, and the Commanding Officer, ADM Henry A. Sparks make certain he signs the proper line.

Bits and Pieces

Some of the LVNs training here say they have a hard time coping with all the Navy lingo. One rather shy one asked for directions to the rest room, "The head's around the corner," was the answer she received. After a diligent search the LVN returned to ask, "Where did you say I would find her?" Permission granted!?

Sorry HM3 Thomas Franklin wasn't pictured with the last Lab technicians' graduating class. So folk won't think he failed in his exams, this announces that he did graduate. Great Lakes NRMCO now has the pleasure of his company.

And when anyone has worked 32 years for the government, they deserve at least a passing mention on their retirement. Mr. Victor Calderon worked in Public Works, transferred to the Public Works Center, then came back here for his retirement ceremony.

Patient Gives An Opportuni-Tree!

Mrs Ann Morgan, a patient on 9-West, donated a tree to the hospital as an expression of her appreciation for the good care received during a prolonged stay here. Then she started thinking that there might be others who might like the opportuni-tree to contribute, maybe a limb, to the forest futura taking growth on the hospital grounds. The nickels, dimes and dollars collected by Mrs. Morgan will now add four more trees to the landscape.

Write A Winning Letter

Each year, the Freedoms Foundation solicits entries in a letter essay Awards Program under a central theme. This year's theme is, "Human Goals—the Advancement of Human Dignity."

If you're a member of the Armed Forces, and have some thoughts about this year's theme, then the Armed Forces Letter Writing Program is your avenue for expression.

The two best letter-writers from among all branches of the active duty Armed Forces and Reserve Forces will each receive \$1,000 from the Freedoms Foundation. A third award of \$500 will also be presented. The top 10 active duty winners of the 1974 contest will be invited to receive their awards at the annual presentation ceremony at Valley Forge.

How do you enter? Put your thoughts in a letter format, either essay or poetry style, and keep the length between 100 to 500 words. Include with the letter your full name, social security number, military address, service component, complete permanent home address, including zip codes, and mail to: Freedoms Foundation, Valley Forge, Pa. 19481. The deadline for entry is November 1.

Have a Safe Holiday

Air Force Invades NRMCO

Everyone knows the Air Force personnel never eat Navy beans, but accepting formal training at a Navy facility, that's different!

TSGT Larry D. Cohen, from Wright-Patterson AFB, and SSGT Fred Champion, Jr., from Sheppard AFB, are the first to qualify from the Air Force (Navy, too, for that matter) for 52 weeks of formal schooling to become cytotechnologists.



June 30, 1975, will be their registration finishing target date, but one almost wonders if they came here for serious study or to see the World Series. Both Larry and Fred are extremely proud of the three tickets which hold for future games.

Larry lives in base housing and has two children, both girls. Fred has one child, a boy.

Born at . . .

Naval Regional Medical Center, Oakland
On Sept. 22, 1974, Denise Christine Clark, 6 pound, 13 ounce daughter of Karen and HM3 Thomas W. Clark on Sept. 24, Scott William Mays, 8 pound, 3 ounce son of Linda and HA Gordon K. Mays on Sept. 25, Tracy Lee Cathey, 8 pound, 5 ounce daughter of Valerie and HM3 Roger A. Cathey



A KNIFE USED for removing tumors about 1300 B.C.; a hatchet used for trephination by the Inca of Peru about 1200 A.D.; Arabic metal forceps dating to the 10th century—such reproductions of medical tools of the long, long ago make interesting decoration on the wall of Chuck Von Gross' office in Laboratory. Note the birds on the hatchet.

Sports Shorts

INTRAMURAL BASKETBALL LEAGUE

The 1974-75 intramural basketball league season is tentatively set for the week of November 27. All games will be played on Wednesday nights at the station gymnasium. Rules of the NCAA will govern. First and second place awards will be presented at the end of playoffs. There will be a four team playoff.

ENTRY DEADLINE: Noon Wednesday, November 20, 1974. Call in entries to ext. 2350.

SENIOR LIFE SAVING COURSE

A senior life saving course will start at 7 p.m. Tuesday, Oct. 15, at the station pool. All staff and their dependents are eligible. Become a certified senior life saver or renew an expired card. Meet every Tuesday and Thursday through Nov. 14. Instruction provided by the Red Cross.

WOMEN'S SINGLES TENNIS LADDER

Ladies! It's not too late! If you wish to participate in the Women's Singles Tennis Ladder sponsored by the Officers' Wives' Club, please call Miriam Simpson (534-8916) for information. It's open to all women with court privileges, whether beginners or experienced players, and there's no age limit. Join in!



Following are the standings through Oct. 3.

Team	W	L	Pct.
Peds/Ob	5	0	1.000
Pharmacy	4	1	.800
PT/OT	3	1	.750
Food Service	3	2	.600
OR	2	2	.500
NP	1	4	.200
CIC	0	4	.000
EENT	0	4	.000



WANTED

German Shepherd Dogs

The Department of Defense Dog Center has a continual need for qualified German Shepherd dogs. Anyone desiring to donate or sell a personally owned German Shepherd to them should write to Department of Defense Dog Center, Lackland AFB, Texas 78236.

Scenes by the Sidelines by Ron Brown

INTRAMURAL FOOTBALL Peds/OB Crush Pharmacy 39-0

Game of Sept. 10, 1974

Peds/OB's dominating play from the opening kickoff scored their first touchdown with 8:40 left in the first half on a 60-yard jaunt by Steve Baez.

With 1:08 left in the first half, Dennis Mitchell scored on a 40-yard aerial shot from Baez. With 0:04 left in the first half, Baez connected with John Dalton on a 35-yard pass play to give Peds/OB a 19-0 half time lead.

With 18:20 left in the second half, Bill McKenzie set up a score with a key interception running the ball back to Pharmacy's 5-yard line. Baez then hit Forest Beatty for the score. With 12:00 left in the game Baez again hit Beatty on a 5-yard pass play, good for six points. Baez then connected on a 40-yard pass play to Mitchell with 0:54 seconds left in the game for the final score of the day.

In other games throughout the first half of league play, some of the highlights were: OR defeated NP by a score of 12-2; big play of the game was a 40-yard pass from Joe Yates to John Darden to set up a 2-yard pass play from Yates to Mike Van Ronzelen for the score.

Peds/OB came back on Sept. 17 with a commanding 33-0 win over "dark horse" Food Service. Highlight of the game was a 50-yard run on a "keeper" by QB Steve Baez.

Pharmacy got into the winner's bracket with a 7-6 squeaker over OR. Pharmacy led at half 7-0, after scoring 5 minutes into the game on a 60-yard pass and run play from Ross Lunderville to Scott Hughes. (Hughes galloping in from the 20-yard line). OR came back in the second half with 3:59 left in the game with John Stryker passing 4 yards to Murphy Seaber for the score. The all important P.A.T. failed, leaving OR on the short end of a 7-6 score.

Capping off the rest of the games played was 20-0 romping of Food Service over NP. NP came right back with another 10-9 loss at the hands of Pharmacy. NP led 9-7 at half time, but could not maintain the lead as Pharmacy came back 12 points in the second half on two passes from Mike Leper, to Brad Cone for 25 and 12 yards.

In the game between Peds/OB and OR on Sept. 25, OR became the first team to score against Peds/OB although they eventually lost by a score of 37-6. Peds led 37 to 0 with 1:20 left in the game and was on their way to what seemed to be another shutout. With 1:05 left in the game the determined seven from OR avoided the shutout with Dennis Smith passing a perfect strike to Mike Van Ronzelen, good for 25 yards and a touchdown.

Watch the next issue for the big Peds/OB and PT/OT game and updating of all games.

Movie Schedule

Friday, October 11
JUNIOR BONNER—Steve McQueen, Robert Preston—Drama (PG)

Saturday, October 12
ELECTRA GLIDE IN BLUE—Robert Blake, Billy Green Bush—Drama (PG)

Sunday, October 13
SLAUGHTER—Jim Brown, Stella Stevens—Action Drama (R)

Monday, October 14
No Movie—Columbus Day

Tuesday, October 15
HIT MAN—Bernie Casey, Pamela Grier—Action Drama (R)

Wednesday, October 16
DELIVERANCE—Jon Voight, Burt Reynolds—Action Adventure (R)

Thursday, October 17
CAPTAIN KRONOS: VAMPIRE HUNTER—Horst Hanson, John Garson—Horror Adventure (R)

Friday, October 18
LIMBO—Kate Jackson, Kathleen Nolan—Drama (PG)

Saturday, October 19
CLOCKWORK ORANGE—Malcolm McDowell, Patrick Magee—Comedy Fantasy (R)

Sunday, October 20
FRIENDS OF EDDIE COYLE—Robert Mitchum, Peter Boyle—Drama (R)

Monday, October 21
SLAUGHTER'S BIG RIP-OFF—Jim Brown, Ed McMahon—Action Drama (R)

Tuesday, October 22
THE SPIKE'S GANG—Kee Marvin, Gary Grimes—Western (PG)

Wednesday, October 23
THE CONVERSATION—Gene Hackman, Allen Garfield—Drama (PG)

Thursday, October 24
ARNOLD—Stella Stevens, Roddy McDowall—Horror Comedy (PG)

Friday, October 25
BUTTERFLIES ARE FREE—Goldie Hawn, Edward Albert—Comedy (PG)

THE WEDNESDAY NIGHT MEN'S BOWLING LEAGUE

Result of First Week 2-10-74

Team No.	Name	Won	Lost	Put	Pins	Ave.	High Game	High Strikes
1	Team #6 MARINES	4	0	1,000	2386	795	837	2
2	Team #2 RETIREDs	4	0	1,000	1466	488	528	14
3	Team #3 SPEC. SERV.	2	2	.500	1908	636	697	19
4	Team #4 EENT	2	2	.500	1793	597	606	17
5	Team #5 TURKEY PHARMERS	0	4	.000	1844	614	645	18
6	Team #1 CPO	0	4	.000	850	283	294	8



WAVE YOUR FLAG if you're there some place in front of it, and wish it to be known that a bicyclist is also there. Most car-bike accidents happen because the cyclist can't be seen. Protective head gear? Ankle straps to keep pants from getting caught in wheels? Reflectors? Headlights? Proper brakes? All are sensible precautions to help cut down the statistical loss of Homo sapiens since bikes have become so popular.

CHAMPUS Corner

Generally speaking, and procedures and types of care regardless of whether furnished on an inpatient or outpatient basis which are generally accepted as being part of good medical practice are authorized benefits.

There are several Christian Science benefits authorized, such as inpatient care in sanatorium operated or listed and certified by the First Church of Christ, Scientist, (mother Church) Boston, Mass.

There are exclusions, however such as domiciliary or custodial care, physical examinations and immunizations not for diagnosis or treatment except for dependents of active duty members under orders for overseas travel. Other exclusions are well baby care, spectacles or examinations for correction of ordinary refractive errors.

Personal assistance concerning CHAMPUS and a pamphlet titled "Uniformed Services Health Benefits Program," which explains how Champus works, are available from your local health benefits counselor.

The OAK LEAF

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

Friday, October 25, 1974

Vol 36, No. 20

C-A-R-E Cares

Naval Regional Medical Center, Oakland, has installed an emergency information telephone. If you have a bona fide emergency and need professional advice, dial 639-CARE. Remember, this line is for emergency advice only.

"Emergency" is defined by Webster's New World Dictionary as "A sudden, generally unexpected occurrence or set of circumstances demanding immediate action." Does your visit to the Emergency Room involve a sudden occurrence demanding immediate action?

Catastrophic emergencies include suspected heart attack, massive bleeding, multiple injuries and so forth; if you are transporting a person with such a medical emergency, do not come to one of our branch dispensaries unless you are in the immediate vicinity, but go to the nearest military or civilian hospital emergency room. Such emergencies usually require more specialized equipment and treatment than is normally available in outpatient-type facilities such as dispensaries.

Outpatient Records Are Vital To Care

Your outpatient records are the property of the United States Government and must be accounted for and maintained by military medical facilities. If your record is not on file, test results cannot be entered and your record will be incomplete on your next visit. Your outpatient record, the information it contains and the information fed into it must be available to the physician when needed; not just when you come in.

Need a Translator?

People who have difficulty with communication in English can be provided interpreters for all common and many uncommon languages. At publication, interpreters were available for the following languages: American Sign Language, Chinese (Cantonese and Mandarin), Creole, Croatian, Czech, Dutch, Filipino (several dialects), French, German, Greek, Haitian Creole, Hebrew, Hungarian, Japanese, Korean, Polish, Russian, Spanish, Swedish and Ukrainian.



THE UNITED STATES OF AMERICA

THIS IS TO CERTIFY THAT
THE PRESIDENT OF THE UNITED STATES OF AMERICA
HAS AWARDED THE

LEGION OF MERIT

TO

REAR ADMIRAL HENRY A. SPARKS, MEDICAL CORPS,
UNITED STATES NAVY



The presentation of the Legion of Merit award was a surprise to our Commanding Officer, RADM Henry A. Sparks, and it was somewhat of a private family ceremonial for persons sharing with him the memorable occasion. The award was presented by RADM Martin D. Carmody, Commandant of the 12th Naval District; and Medical Center staff members were in attendance. The family of the honoree was present and included Mrs. Sparks, their children, Nelson, Sandra, Matthew and Teresa, his mother, Mrs. Marie Hamel Sparks; his brother, Robert Sparks; his sister, Mrs. Charlotte Beattie and niece, Annette Beattie. Also present was CAPT D. J. Pascoe (Ret.), former Chief of Pediatrics here, and a long-time friend, who interned with Admiral Sparks at Long Beach Naval Hospital.

CITATION:

For exceptionally meritorious conduct in the performance of outstanding service as Commanding Officer of the Naval Medical Research Unit #3 (NAMRU #3), Cairo, Arab Republic of Egypt from July 1970 to May 1974.

An extremely competent, imaginative, and resourceful leader, Rear Admiral Sparks was directly responsible for providing direction to the scientific programs of NAMRU #3 and the NAMRU #3 detachment in Addis Ababa, Ethiopia. His professional experience and knowledge of clinical medicine and research problems served to broaden the research and development base of the Infectious Diseases Program. The excellent communication and rapport that Rear Admiral Sparks developed and maintained with officials of the Arab Republic of Egypt and the United States Interest Section were major factors in the successful negotiation for acquiring a twenty-five year lease extension for the Navy Medical Department NAMRU #3. Rear Admiral Sparks, as physician to the Embassy Health Unit, was a key member of the U. S. Interest Section and his professional excellence and sympathetic attitude provided a feeling of security to the American community which was a major factor in maintaining morale.

By his initiative, innovative managerial ability, and inspiring devotion to duty, Rear Admiral Sparks reflected great credit upon himself and upheld the highest traditions of the United States Naval Service.



For the President,

Martin D. Carmody
Secretary of the Navy

Ready to Face That Jet Injector Gun?

Pick a day, Oct. 29 through Nov. 1, and line up early, at 7 a.m., in Staff Sick Call should you wish to receive your bivalent influenza virus vaccine, one-shot shot. Or, if you don't make it Tuesday through Friday for the vaccination before the doors close at 4 p.m., then be on hand Saturday between 8 a.m. and 12 noon.

The protection is mandatory for the surgical and support team alert forces. Other active duty and their dependents, retired and dependents and Civil Service employees may choose to accept this bit of inoculation prevention. It's all through the courtesy of Preventive Medicine Service.

Teams from that service also visited the Los Gatos and San Jose areas earlier in the month and vaccinated 3,000 senior citizens. Vaccine was provided by the State of California.

Retirement Benefits Worth Checkout

If you're nearing the 20-year mark, "retirement" may be a word utmost in your thoughts. If you're in the Navy for only one enlistment, it could be the farthest thing from your mind. But either way, Navy retirement should be looked at carefully.

A career Navyman can benefit from one of the most extensive retirement systems in the world. Eligibility for retirement comes at an early age; a good monthly check is provided; medical coverage is included; stateside commissary and exchange privileges are granted as well as space-available travel on military flights.

The average enlisted man retires at age 42 and an officer at 45. This leaves plenty of time to think of a new career. Among publications available for retirees is the Navy Guide for Retired Personnel and Their Families, NavPers 15891. This publication informs the retiree of rights and benefits from federal and state agencies, restrictions on employment in the Fleet Reserve or Retired List, and family protection and survivor benefits.

Specialists Are Special

Specialists visit the major dispensaries, Treasure Island, Moffett Field, NAS Alameda and Mare Island on a regular basis. Contact your local dispensary for appointments.



The Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services,
Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives American Forces Press Service material.
Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Regional Naval Medical Center, Oakland, California 94627.

+ + Chaplain's Corner + +

Divine Services

PROTESTANT

(Clip and save.)

SUNDAY WORSHIP

9:00 A.M.—Chapel of Hope (Third Floor)

10:30 A.M.—St. Luke's Chapel *

HOLY COMMUNION: First Sunday of each month and following 10:30 a.m. services each Sunday

WEDDINGS AND BAPTISMS: By appointment.

CHOIR REHEARSALS: Every Wednesday at 7:30 p.m.

CATHOLIC

SUNDAY MASS

8:30 A.M.—Clinical Assembly (Third Floor)

12:00 Noon—St. Luke's Chapel *

DAILY MASS: 12:00 Noon—Chapel of Hope (Monday through Friday)

HOLY DAYS OF OBLIGATION

12:00 Noon Mass—Chapel of Hope

4:30 P.M. Mass—Chapel of Hope

CONFESSIONS: Before all Masses

BAPTISMS: By appointment

OTHER

The Jewish Rabbi visits the Hospital on call. For appointments call Extension 2251
Services for Latter Day Saints scheduled upon request.

* A nursery for small children is available in the Chapel Annex (Bldg. 133) during these services.

DEATH CLAIMS DEVOTED VOLUNTEER ON SAT., OCT. 19

The American Red Cross and Naval Regional Medical Center have lost a good friend and outstanding volunteer. From 1948 until August of this year, when she became ill, Claire (Mrs. Joseph) Breuer, 5729 Clover Drive, Oakland, Ca., volunteered her services to the patients and personnel of this Medical Center.

For many years her work was primarily that of tutoring patients and teaching English to foreign doctors and nurses assigned here on observerships. Having graduated from Mills College with a major in Spanish, her people-to-people concern with visitors from afar reached beyond Mexico to Japan, Korea, Nationalist China, South Vietnam, Thailand, the Philippines, Iran, Pakistan, Turkey, Chile, Columbia, Ecuador, Argentina and Peru. Her "sons," together with their families, have been entertained in her home and been given another perspective of American life.

Although she was a substitute teacher in Oakland Public Schools, over the years school officials bowed to Mrs. Breuer's desire to keep Tuesdays free for her Red Cross volunteer work. Except for a week or so of vacation each year, for 26 years she was a regular on the wards of Oak Knoll. She would bring flowers to the patients from her garden and was instrumental in getting members of many women's organizations interested in knitting woolen afghans, crutch pads and slipper and toe socks for them.

To the family of this dedicated and faithful volunteer, her husband, son, daughter-in-law and two grandchildren, Naval Regional Medical Center wishes to express that we share with them a mutual loss.



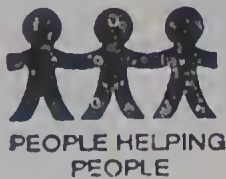
MRS. JOSEPH BREUER

at home or at work...
**TURN OUT LIGHTS
WHEN YOU DON'T NEED THEM!**

OUTPATIENT INFORMATION BOOKLET

NRMCO has recently published a booklet which contains general information about clinics, identification, records and many other subjects. It is available upon request from the Center or any branch dispensary.

CFC Campaign Extended



**PLEDGE A FAIR SHARE
TODAY!**

**100 PER CENT PARTICIPATION
RED CROSS
UROLOGY SERVICE
RECREATIONAL SERVICE
PEDIATRICS
LAB OFFICERS**

The CFC campaign has been extended until Nov. 6.

As of Oct. 22, 713 or 48.7 percent of our population had declared themselves people-to-people helpers. At last averaging, the average pledge was \$15.75, but collections have now reached better than \$11,300. There have been 51 fair share givers. Can we up that number?

CSC Officer Speaks To WIA Group

Mr. Woodrow Robarge, Director of Civilian Personnel, spoke to the Women in Action, meeting on Oct. 22, concerning personnel policies handed down from Washington. He discussed briefly the Federal Personnel Manual, the Navy Civilian Manpower Management Instructions, BuMed Instructions and NRMCO instructions.

He advised that the GS standards and factors are in the process of revision, that he has recently been attending important seminars at which many changes have been discussed. When new standards are adopted and formalized, Mr. Robarge promised to present a detailed explanation to the WIA group.

Mrs. Betty Winsby, the Federal Women Programs' adviser, desires to make it known that WIA does not meet exclusively for women; interested males and men supervisors are urged to attend meetings, dates to be announced.



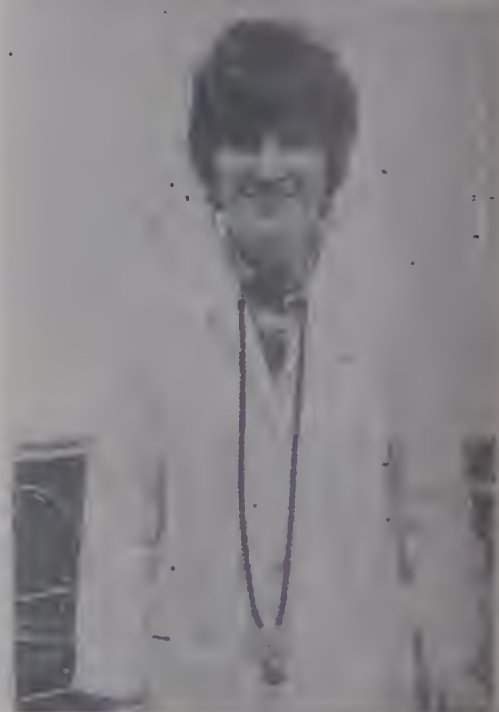
THE BAD OF IT, a tree got in the way when a parked car rolled down the hill. The good of it, the car missed hitting a pedestrian and another car.

**DON'T FORGET TO SET
THE BRAKES WHEN PARKING!**



"NO PARKING" translated means "Security means business, and you better watch out!" The owner of this overparked vehicle lost some Exchange savings on return to his car.

Nurse Practitioner Is 'Extra Pair of Hands'



On May 1, 1974, NRMCO had its first Family Nurse Practitioner. Mrs. Sue Reininger, come aboard. Now, after over 5 months, there has been time for evaluation as to patient and doctor acceptance. It appears this 28-year-old practitioner has been well received by the patients, and the doctors now say, "We can use a few more down here." She serves in the Primary Care Clinic.

Mrs. Reininger is an RN who took her Bachelor's Degree at UCLA and holds her Master's from UC Davis. Her duties are similar to those performed by a physician's assistant, yet responsibilities extend a bit beyond. She just takes her assignments "from the top of the pile," performing preliminary physical exams, applying and removing casts, changing dressings and providing patient education. If a difficult case should be turned to a specialist, the recognition of referral need is part of the health care.

Sue has been married one year. her husband is a student in business at the University of San Francisco, and the two make their home in Oakland.

PRIMARY CARE CLINIC HOURS

The Primary Care Clinic is able to see patients on a walk-in basis Monday through Friday from 8 a.m. to 10 p.m., Saturday from 8 a.m. to 8 p.m. and Sundays and holidays for 10 a.m. to 8 p.m. No appointment is necessary.

NOTICE

Photo finishing is now available for drop off and pick up of personal and medical film developing in the Navy Exchange outlet, building 500, first floor.

Who's Been Doing What . . .

Letters of Appreciation

ENS Frank Maurer
Alex J. Lewis

WING CDR David O. Matthews,
Dental Service (Detached)
HMC Sidney Malnson

Promotions

LTJG Bonnie Ashcom
LTJG Dorothy Geiger
LT Ronnie Whiten, MSC
(Frocked)
LT John C. Bradford
(Frocked)

Commendation

HMC Thomas Märria

Reenlistments

HMC John C. Terry, III

Navy

Good Conduct Award

HM3 William K. Holt

Civilian Retirement



Mrs. Jane Boehme
Purchasing Agent, Supply Division
17 years service

A SMALL PACKET of castor bean seeds contains enough poison to kill five children. One tulip bulb contains enough poison to kill a grown man. The sprouts of a potato are poisonous. Beware of chewing on a bit of leaf or a stalk! Poisonous?

Hail & Farewell

ENLISTED REPORTING:

From NSHS, San Diego: HNs Mark Koonmen, Alexander Bucacz, Loretta Meyer and Christopher Nielsen, HAs James Rockwell, Court Kragenbrink, Blake Abel, Keith Blumenthal, John Taylor, Jaime Ignacio, Dale Schafer, Rolando Felicitas and Jesus Vidal; HM3 James Smith.

From Nav Health Sciences Educ & Trng Command, Bethesda, Md., HM3 Barney Tullis.

From Nav Trng, Orlando, Fla., HN Cathleen Schroeder.

From Nav Hosp Corps Scol, Great Lakes, Ill., HA Joan Johnson.

From Marine Corps Base, Twentynine Palms, Ca., HM2 Julius Broughton.

From Nav Hosp Memphis, Millington, Tenn., HA Steven Sebastian.

From USS SANCTUARY (AH-17), HM2 Aurino Gadad.

ENLISTED DETACHED:

To NRMCO, Bremerton, Wash. HM3 Alan Olsen;

To Nav Hosp, Long Beach, Ca., HM3 Vincent Abe;

To FMSS, Camp Pendleton, Ca., HM1 Holly Campbell;

To USS RANGER (CVA-61), HMC Joseph Russo;

To NRMCO, Portsmouth, Va., HA Herbert Cadler, Jr.;

To NSHS, San Diego, HM3 James Henry;

To Nav Hosp, Corpus Christi, Tex., HM2 Shirley Silverman.

Released to Inactive Duty in Naval Reserves: HM3 Michael Hamilton, IIM2 Leonard Pedrotti, HM2 Philip Storms.

Discharged from USN: HM2 Edgar Cadising and HN Lois Hoffmann.

Transferred to Fleet Reserve: HMC Max Mendenhall.

Third Woman Makes Sailor of the Month



Throughout the history of NRMCO's Sailor of the Month program, only two other women have been selected for the distinguished honor. HN Debbie Jackson, attached to the Labor and Delivery Suite, OB & GYN Service, has performed all assigned duties in such an outstanding fashion that she has contributed greatly to the Command's human goals efforts.

Whether working in the delivery room or with the babies and mothers after delivery, Debbie, despite her youthfulness, has merited the attention of many for her compassion and empathy shown patients. She performs her duties cheerfully, demonstrates understanding and is a model of excellence for co-workers to follow.

Debbie comes to NRMCO from Colorado; she presently is enrolled in studies at Merritt College and when she musters out of the Navy she has her goal set on becoming a clinical practitioner. A goal for the Medical Center might be to return her here someday in that capacity?

"Well done, Debra Diane Jackson," Sailor of the Month for September 1974.

CHECK WITH SPECIAL SERVICES

About rules for the 1974 Freedoms Foundation Valley Forge Patriot Awards given for letters on the subject, "Human Goals: The Advancement of Human Dignity."

Deadline for submitting entries is Nov. 1, 1974.

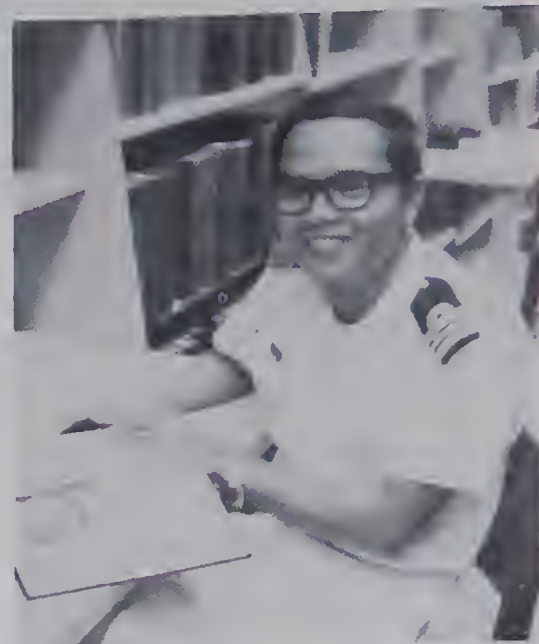
IF YOU GO DOWN TO THE WOODS . . .

. . . On your holiday weekend use a little caution. Strolling on the trails brings more than just sunburn and poison oak. People are more active and are injured more often by sprains, fractures, burns and even animals. Five cases of mosquito-borne malaria have been reported in northern California this year. Usually there are a few cases of bubonic plague and bites by rabid animals each year. Avoid wild animals which are dead or which show no fear of humans—they are probably victims of diseases which are unpleasant or fatal to people. Immediately after being bitten, wash the wound thoroughly with soap and water. Try to locate the domestic animal's owner so that the animal can be watched for signs of rabies, and contact a physician as soon as possible.

Two Vietnamese Observers Aboard

At any one time NRMCO may have aboard several military men or women from a foreign service on an observership program at this facility. Only recently LCDR Mohammad Amin from Pakistan returned to his country followed shortly thereafter by LCDR Tran Binh Chi, LT Giap Phuc Hai and LTJG Nguyen Si Phan of the Vietnamese Navy.

On July 29, 1974, LCDR Nguyen Nhu Vong and LT Nguyen Nhu



LCDR NGUYEN NHU VONG

Thuy arrived to start a 26-week observership program.

Dr. Vong is assigned to Orthopedic Service and frequently can be located behind the stacks in the Medical Library. The photographer found him bent over a Journal of Bone and Joint Surgery engrossed in an article on anteroposterior roentgenograms.

LT Thuy is serving as a medical officer in Clinical Laboratory. When queried concerning the difficulty presented in dealing with the English language, his co-workers spoke up saying, "Oh, we are teaching him a fair share of American slang!"

Both men are impressed—as are most visiting foreign personnel—with the great amount of electronic and mechanical equipment with which our Medical Center is equipped. Most of the observers consider their learning experience while in the states immensely worthwhile, although the separation from family ties involves its sacrifices. LCDR Vong left three daughters back home, and LT Thuy left the flower of his life at home. He is married and "Flower" is the interpretation of his wife's name.

LT NGUYEN NHU THUY

Bits and Pieces

Mrs. Ella Rose, Red Cross worker known as "Mom," was not the only person recently stopping the flow of work for an important birthday celebration. LCDR Emery Hatch was honored on his day, Oct. 22, but CAPT Gorsuch didn't indulge in a piece of the marbled bundt cake. "There's a genetic defect in my family," he confessed, "and if I were to get started eating I'd continue right through the plate." (Then the man who eats the newspaper on the TV ad would be given competition.)

JANGOS will have their day on Nov. 17 when they will be honored at a tea at the home of RADM and Mrs. Sparks; and two of their members will be capped.

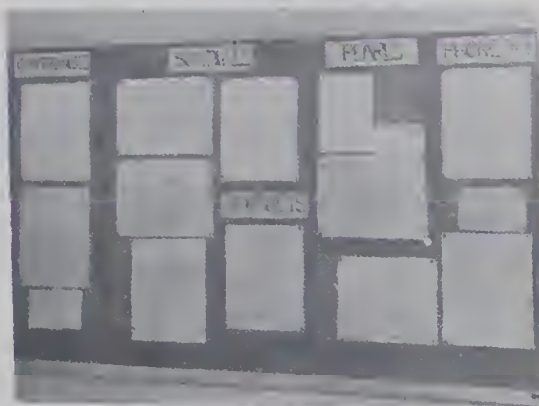
Miss Beverly Davis was loaned by the Western Area Office of the Red Cross to the United Way of Eureka, Ca., to help in the solicitation of major firms accounts. She produced a brochure for them and during her 1-month stay did quite a bit to add to their People Helper campaign.

Last issue THE OAK LEAF carried a caption, "LCDR C. Pollard augments," and anyone ought to know that you spell Pollana with an "n" and not an "r," just as all wise people oughta know that Spivey is pronounced with a long "i" and not Spee-vee.

Born at . . .

Naval Regional Medical Center, Oakland, on Sept. 27, 1974, Bryan Christopher Joseph Dunn, 8 pound, 3 ounce son of Lucille Pearl and CAPT William C. Dunn . . . on Oct. 4, Tristan Dryw Boddicker, 7 pound, 8 ounce son of Katherine and LT James H. Boddicker . . . on Oct. 17, Aimee Kristine Riddlebarger, 6 pound, 7 ounce daughter of Audry and LT Rose Riddlebarger . . . on Oct. 21, Carrie Beth Howard, 7 pound, 8 ounce daughter of Lynn and LT Ivan Howard.

NAVY FEDERAL CREDIT UNION is the world's largest credit union with a membership of more than 290,000 and assets exceeding \$350 million. It now has 29 overseas facilities serving its worldwide membership of Navy and Marine Corps personnel and U.S. citizen Navy Department employees.



THE NEATEST! Dr. Quentin Van-Meter keeps the neatest of neat bulletin boards. So organized, in fact, that the public strays in for a look-see. The doctor says he is not certain whether orderliness was inherited from a compulsively well-organized mother or a super orderly wife. Or maybe he got bit by the Mr. Clean bug somewhere in the course of his Navy career.

SPORTS Flash!

Naval Regional Medical Center Upsets 1973 Defending Champ Moffett Field 12ND Touch Football Champions By A Score Of 17-14

Using every means at hand enabled NRMC to soundly defeat host team Moffett Field on Oct. 22.

Bob Johnson of 7-North was the hero of the day as he singularly accounted for nine of NRMC's 17 points.

Johnson connected on a 20-yard field goal in the first half after Steve Baez had passed to Forest Beatty for the only touchdown scored in the first half. The pass from Baez to Beatty was good for 12 yards.

NRMC led at the half by a score of 9-0.

Moffett came back in the second half and scored two touchdowns and took a 14-9 lead.

Things looked pretty dismal for NRMC at this point as, with only a little over a minute left in the game, the Moffett Field Quarterback was getting set to throw a long pass, when Bob Johnson of 7-North jumped high in the air and blocked the pass. The ball seemed to hang in the air and Johnson was "Johnny on the Spot" as the ball popped right into his hands about the 10-yard line where he scampered in untouched for the score. NRMC chose to go for the two-point conversion and was successful as they now led 17-14. The score ended that way as Moffett Field tried valiantly to score but failed.

Scenes by the Sidelines

By RON BROWN

PEDS/OB RULES THE ROOST

Peds/OB football team has taken a half-game lead in the NRMCO intramural flag football league by virtue of their unblemished 5-0 win/loss record. Hot on their trail is Pharmacy with a 5-1 record and PT/OT with a 4-1 record.

Big game of the season was the Peds/OB vs PT/OT game of Oct. 1, with Peds/OB coming victorious by a score of 19-7. They led all the way in this encounter as they led at half 7-0.

Peds/OB jumped off to the lead and with 15:15 left in the first half, Dennis Mitchell intercepted an aerial slant of Bob Thompson which set up a 40-yard pass play from Steve Baez to Don Sims to the 18-yard line of PT/OT; followed by an 18-yard touchdown pass from Baez to Forest Beatty.

Peds made it 13-0, as with 14:35 left in the game Baez connected with Mitchell from the 18-yard line, good for the score.

Peds/OB scored their final touchdown with 4:30 left in the game on a 20-yard pass and 5-yard run play from Baez to Beatty.

PT/OT saved the embarrassment of a shutout as they scored on a 30-yard pass-and-run play with Bob Johnson connecting with Paul Koprowski with only 1:33 left in the game.

PT/OT says "Wait till next time!" as from all appearances these two teams may meet in the post season playoffs.

In other games, OR dealt a blow to Food Service as they won 12-6. The combination of Dennis Smith to Mike Ross proved too much for Food Service.

PT/OT stayed in the race as they thumped NP by a score of 21-7.

Pharmacy ran their seasonal record to 5-1 as they held on the early first half touchdown and went on to win 8-0. Big play of the game was with 13:20 left in the first half, Ross Lunderville trapped Billy Tibbett in the end zone for a safety and two points.

PT/OT rounded out the week's game with a 21-0 shutout over OR. Big play of the game was on the opening kickoff from OR to PT/OT. Dave Krueger took the ball on his own 6-yard line and scampered up the field as though he were going all the way, when all of a sudden he handed off to Gary Sawdy, who lateraled to Britt Blum who threaded his way down the field for 62 yards and pay dirt. This was probably one of the most exciting plays of the season.

GAME STANDINGS Through Oct. 9, 1974

Teams	W	L	Pct.
PEDS/OB	6	0	1.000
Pharmacy	5	1	.833
PT/OT	4	1	.800
Food Service	3	3	.500
OR	2	3	.400
NP	1	5	.167
CIC	0	4	.000
EENT	0	4	.000

PT/OT HUMBLER PHARMACY 44-6

PT/OT kept pace with Peds/OB as they used every trick in the trade scoring freely against a bewildered Pharmacy team.

Bob Johnson had one of his best days as he scored three touchdowns and passed for three more. Not a bad afternoon!

Allen Campbell scored the other touchdowns when with 21 seconds left in the game he intercepted Bill

Champus Corner

Don't rely on myths to develop a working knowledge of your health and medical benefits. Myths are beliefs that often contain bits of truth and are so widespread that they obscure the facts. This has sometimes been the case about the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS).

Some of the myths are that CHAMPUS will pay for all of a Service family's health care, that CHAMPUS is free, that CHAMPUS covers all the family members, including the active duty Serviceman, that there is a CHAMPUS dental program, and that CHAMPUS pays medical bills after a Service member is discharged.

Dispel these myths by knowing the facts:

—CHAMPUS does not pay for all of a family's civilian health care. CHAMPUS does pay for a large portion of most health care, but there are exceptions. These exceptions include well-baby care, physical examinations or immunizations, most dental care, some prosthetic devices and all chiropractic services.

—CHAMPUS is not free. Beneficiaries must pay a share of the cost of their health care. For inpatient care the cost share for spouses and children of active duty members is \$3.50 per day or \$25, whichever is greater. All other beneficiaries pay 25 percent of the total care charges for each admission. For outpatient care the beneficiaries must first pay a deductible amount of \$50 per person or \$100 per family. Then spouses and children of active duty members pay 20 percent of authorized charges over and above the deductible while all other beneficiaries pay 25 percent.

Lepper's pass on the 10-yard line and scampered in for the TD.

Pharmacy's only score came on a spectacular "Alley Oop"-type pass from Lepper to Brad Cone; good for 40 yards and a touchdown.

PEDS/OB DOWNS NP 37-6

Peds/OB continued their winning way as they defeated a much improved team from NP by a score of 37-6.

Steve Baez and Bill McKenzie shared the spotlight as both shared quarterbacking duties; Baez connected on passes of 35, 35, 30 and 40 yards for scores to Forest Beatty, Dennis Mitchell, Jay Noffsinger and Beatty. McKenzie combined with Mitchell and Noffsinger for scores on passes of 15 and 5 yards.

NP's lone score came on a 5-yard pass and 40-yard run pattern play from Enrique Moreno to Phil Ray with 12:10 left in the first half.

ONE ISSUE OF a standard seed catalogue listed for sale 54 harmful (poisonous) plants.

LITTER A LITTER LESS

WHAT IF everybody stooped to pick up a litter bit more!



"Good for the gals' waistslines, bad for mine," said HA Mark Burges.



"Good bending exercise," said ENS Heidi Amacher as she stooped to recover.

Movie Schedule

Monday, October 28
NO MOVIE
Veterans Day

Tuesday, October 29
SLITHER—James Caan, Sally Kellerman—Suspense Comedy (PG)

Wednesday, October 30
NICHOLAS AND ALEXANDRA—Michael Jayston, Janet Suzman—Historical Drama (PG)

Thursday, October 31
PAUL AND MICHELLE—Anicée Alvina, Sam Bury—Drama (R)

Friday, November 1
THREE TOUGH GUYS—Lino Ventura, Fred Williamson—Drama (PG)

Saturday, November 2
THE MACKINTOSH MAN—Paul Newman, Donimique Sarda—Suspense Drama (PG)

Sunday, November 3
FEAR IS THE KEY—Barry Newman, Suzy Kendall—Melodrama (PG)

Monday, November 4
COMPANEROS—Franco Nero, Fernando Rey—Action Drama (PG)

Tuesday, November 5
THE APPRENTICESHIP OF DUDDY KRAVITZ—Richard Dreyfuss, Michelle Lanctot—Drama (PG)

Wednesday, November 6
THE BANK SHOT—George C. Scott, Clifton James—Crime Comedy (PG)

Thursday, November 7
THE NEW CENTURIONS—George C. Scott, Stacy Keach—Action Drama (R)

Friday, November 8
KAZABLAN—Yehoram Caon, Arie Elias—Musical (PG)

Saturday, November 9
HENRY VIII & HIS SIX WIVES—Kelli Michell, Donald Pleasence—Historical Drama (PG)

Sunday, November 10
COOL BREEZE—Thalmus Rasulala, Raymond St. Jacques—Adventure Drama (R)

VA OFFICIALS point out that the Department of Labor has primary responsibility for jobs and gives priority to veterans. State employment service offices refer veterans to available jobs, or allow them to apply for unemployment compensation.



IF YOU'RE GOING TO BE COME WHY NOT BE SOMETHING SPECIAL

The Navy



The OAK LEAF

Vol. 36, No. 21

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

Friday, November 8, 1974

NINE HAVE OVER YEAR OF 'WELL LEAVE' SAVED

Forty hours per week, 52 weeks per year adds to 2,080 hours of sick leave to put in the bank, so to speak. Or it means a year added to retirement earned.

Mr. Joseph Thomas leads the civilian employees in amount of sick leave available as of Sept. 28, with a total of 2,597 hours. In close pursuit, hitting more than 2,000, are James Eiland, 2,445; Viola Smith, 2,360; Marge Lesage, 2,316; Johnnie Campbell, 2,206; Clois Forester, 2,081; Benjamin Nelson, 2,062; Gene Helmuth, 2,020; Evan Wolfe, 2,001.

Many Oak Knollites are close runnersup to the 2,000 Club, and the membership list of the 1,000 Club is quite lengthy. Attesting to personal integrity, good health and steadfastness, the following are off and running:

Isadore Lore	1,953	Helen Marsden	1,562	Norma Holman	1,250
Irving Coombs	1,952	James Wrighting	1,547	Kathleen Wade	1,246
Luvenia Dean	1,947	Charles Oakley	1,535	Charles Dyson	1,240
Roy White	1,914	Harold Hitz	1,522	Ira Jones	1,236
Helen Zlibin	1,890	Genevieve Corboline	1,505	Ernest Harris	1,221
Dorothy Tovatt	1,890	Betty Darrimon	1,500	Ruby Beard	1,215
Katie Tanner	1,880	Juroid Devaull	1,487	Geneva Tuggles	1,210
Howard Field	1,868	Ernest Sivertson	1,473	John T. Lewis	1,196
Percy Reed	1,865	Florence Benigno	1,472	Leonard Wilford	1,195
Eddie Taper	1,861	James Crayton	1,472	Alick Bowater	1,188
Lily Flack	1,841	Lorene Winegar	1,468	Lillian Winfield	1,184
Lynn Gathright	1,818	Dr. Clifford Wong	1,468	William Collier	1,183
Frances Kinney	1,815	Irene Jackson	1,465	Elizabeth Parrish	1,151
Guido Rosati	1,814	Homer Hunt, Sr.	1,461	David Williams	1,107
Henderson Totress	1,782	Albert Brownlow	1,455	Nina Senter	1,097
Lloyd Marshall	1,740	Cato Mason	1,435	Lola Bradbrook	1,057
Wanda Bartholomew	1,729	Ida Fahey	1,429	Jerry Collins, Jr.	1,055
Claud Chaney	1,727	Albert Hansen	1,427	James Barnes	1,053
Elizabeth Winsby	1,718	Elee Cross	1,405	Constance King	1,057
Helen Cupper	1,709	Lewis Whittington	1,402	Beatrice Oakley	1,024
Woodrow Robarge	1,708	Henry Stuart	1,381	Elizabeth Parrish	1,151
Eleanor Avila	1,705	Glenn Daniel	1,378	Mary Rundles	1,120
Woodrow Stuart	1,658	Roberta Maloney	1,372	Eunice Alley	1,073
Lester Allen	1,638	Lillie Mae Comella	1,364	Margaret Nielson	1,046
Catherine Carlson	1,634	Phillip Harkov	1,346	John Miller	1,031
John Gates	1,604	Stewart Beck	1,340	Harold Seibert	1,024
Charlie Rhymes	1,591	Charles Asbelle	1,313	Oscar Sobol	1,012
Jerry Lewis, Jr.	1,570	William Mainieri	1,269	Orville Harry	1,011
Sam Horton	1,563	Luke Sunde	1,260	Weldon Miles	1,010

On the envy list are personnel with annual leave "take or forfeit" hours. The following folk won't be around much if they take their hours before the forfeit date of Jan. 4, 1975. Luvenia Dean, Fred Edmonson, James Eiland, Jerry Lewis, Jr., Julius Morris and Barbara Roberts each have over 200 hours, which adds to over 5 weeks. And the following have better than 130 hours, or over 3 weeks: Laverne Castin, Lillie Comella, Genevieve Corboline, Frank Crump, Jr., Juliet Fair, Beulah Flood, Henretta Gaskins, Harold Hitz, Ira Jones, John T. Lewis, Gladys Mitchell, Elnora Mixon, Beatrice Oakley, Charles Oakley, Oscar Sobol, Guy Starks and Lewis Whittington.

BIDS INVITED

Sealed bids are invited for Special Services' 1965 Chevrolet Station Wagon. Bids are to include name, address and telephone number of bidder. Address bids to Special Services Director, NRMC Oakland, CA 94627. Inspection of vehicle may be made by contacting Special Services, ext. 2479. Bids postmarked after midnight, Nov. 29, 1974, will not be considered. Custody of vehicle must be assumed within 5 working days after notification of bid acceptance. Minimum acceptable bid is \$75.00.

**Your CFC Contribution
Helps Support
The American Red Cross**

His Team Needs Him

There was a day in the history of "Oak Knoll" when we had a wheelchair basketball team or an amputee golf match going on quite frequently. Patients were kept mighty active and also in the newspaper limelight.

Just because there is less publicity now doesn't mean that wheelchair basketball has been abandoned. LCDR Jack R. Lance, a former Navy pilot and a patient on 7-North, reports that there are 93 registered teams in the country. He helps coach five teams in the Sacramento area, part of the Northern California Conference League. His youngest player is age 14 and his oldest, 58, all amputees or paraplegics. Right now the teams are rearing to win the conference finals so that they can go on to the internationals.

Pharmacy Set To Give Improved Service



CAPT G. E. Gorsuch, MC, USN
Deputy Commanding Officer

CAPT A. R. Petoletti, MSC, USN
Chief of Pharmacy

For almost 6 weeks the only panacea for the frayed nerves of patients in the waiting lines at outpatient pharmacy was, "If the inconvenience of our remodeling is taken with patience, service will eventually be restored." And improved.

At a remodeling cost of approximately \$8,000 for the equipment and \$4,000 per year for a Baker Unit, the cure-all at last took place on Oct. 23. CAPT George E. Gorsuch, Deputy Commanding Officer, cut the ribbon opening the new pharmacy; and Mr. Boyd Robert of Oakland was the first "customer" to step up to be waited on.

The streamlining includes a

Baker Unit with a brain that never misses a count of a pill. Whether the prescription reads, "31 Prednisone, 5 mg," or calls for 60 of the little yellow Aldomet, the push of a button delivers an accurate count. All in a split second. A remote console controls the belt which moves the prescriptions along the line for filling and checking before final delivery to the patients. On the neat shelves by each medicine are cards used in the computer control of stock.

Now, in the new pharmacy, some 19 enlisted men and four officers have adopted the motto, "A place for everything and everything in its place," the better to serve you, our customer.

CRAFTS PROJECT HAS MANY HELPING HANDS

Kaye Barnett, who for almost 9 years has been instrumental in keeping Crafts Project alive here at Medical Center tabs two workers, Richard and Lois Poderick, as "beautiful people."

When Lois was a patient here, she started passing the time making pottery; and as the cart rolled by each Thursday, Richard became interested. After leaving the hospital the interest became more outgoing, and the two started helping each week with the pickup and delivery between the NAS Alameda hobby shop firing kilns.

Other beautiful people who need mentioning for their work with the pottery craft are Marion Thompson, Frances Thurston, Laura O'Flarity, Ethel Pedric, Sally Snyder, Connie Donovan and Mavis Waidler. Kaye's husband is another person who qualifies for the title. Over the years he has

been a regular in doing his bit for Crafts Project and has poured about 3,500 greenware molds. He will be helping when the big sale of pottery takes place at Eastmont Mall on Nov. 9. Donations of work and effort are all in the name of Crafts Project. Last fall about \$250 was earned with which to help keep the project on-going.

The creative inspiration afforded by the occupational therapy has meant so much to the patients that many continue to keep in touch even after leaving the state. MSGT Pete Juriga, U.S. Marine Corps Recruiting Station, Gallup, New Mexico, from afar has done his bit. He recently collected funds from his local Lions Club for the purchase of six dozen brushes. Now when someone wants to give a W. C. Fields' mug an artistic bright nose, there is no waiting line to paint red.

The Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer
 CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
 CAPT Edwin B. Miller, MSC, USN, Executive Officer
 LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services,
 Public Affairs Officer and THE OAK LEAF Advisor
 Editor Jo Spivey
 Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka

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+ + Chaplain's Corner + +

OPEN THE WINDOWS OF HEAVEN

If you have ever watched a large political convention on TV, you certainly remember that very dramatic moment when the speeches and the votes have all been completed and the choice of the delegates has been made. Amid shouts and predictions of victory the chosen candidate appears at the rostrum. Just at that moment, nets in the ceiling of the auditorium open and thousands of bright balloons begin to float down over the cheering crowd.

In the prophecy of Malachi, God promises to "open the windows of heaven for you and pour down for you an overflowing blessing." We yearn for the windows of heaven to open and for blessings of peace and human completeness to descend upon our world. But, like the hope of victory after a political convention, the promise of such a divine outpouring is conditional. It happens, not in a vacuum, but in the give and take of daily life. It comes when we share with God the work and joy of making His kingdom real. To shrink from that opportunity by withholding from God our lives and resources is to miss seeing the windows of heaven open!

CAPT John E. Thompson, CHC, USNR

OFFICER HAIL & FAREWELL

Arrivals

CDR Robert L. Kjome, DC
 LCDR Victor A. Brochard, MC
 LCDR Frederick P. Fabian, MC
 LCDR Richard N. Gaines, MSC
 LCDR Darryl L. Raszl, MC
 LCDR Richard L. Miller, MC
 LT J. Paul Jackson, MC
 LT John J. Katzenmeyer, MSC
 LT John K. Larson, MC
 LTJG Dennis Spillane, MSC

From

Univ of Michigan
 USNRM C Guam
 Inactive
 NNM C Bethesda
 USNRM C Guam
 NRM C San Diego
 Inactive
 NRM C Camp Pendleton
 Inactive
 NRM C Orlando

To

Dental
 Internal Medicine
 Disp TI
 Disp TI
 Disp Moffett
 Dermatology
 Dist TI
 Physical Therapy
 Psychiatry
 Physical Therapy

Officers Detaching

CAPT Frederick L. Austin, MC
 CDR Carl G. Kardinal, MC
 WING CDR David Matthews
 LCDR Alvin B. Koeneman, CHC
 LT John C. Bradford, MSC
 LTJG Thomas S. Borkowski, CHC

From

Ophthalmology
 Medicine
 Dental
 Psychiatry
 Physical Therapy
 Chaplain

To

RET, Massachusetts
 RAD, Missouri
 England
 NDRC Jacksonville, Fla.
 RAD, California
 RAD, California

Nursing Service

Reporting

LT James L. Richardson
 LT Michael W. Benway
 LT B. A. Foley
 ENS S. J. Visaggio
 ENS A. D. Havens
 ENS C. A. Barnes
 ENS R. Strube
 ENS K. A. Downey
 ENS C. F. Haden
 ENS E. B. Andrews
 ENS B. Glass

From

Camp Pendleton
 Guam
 Guam
 Charleston, S.C.
 Newport
 Newport
 Newport
 Newport
 Newport
 Newport
 Newport

Departing

LCDR H. J. Pike
 LT E. Luckus
 LT R. Riddlebarger
 LTJG A. Ledesma
 LTJG K. Riggs
 LTJG K. Patusky
 LTJG D. Phillips

To

Taipei, Taiwan
 Yokosuka, Japan
 Inactive
 Yokosuka, Japan
 Subic Bay, P.I.
 Guam
 Yokosuka, Japan

Who's Been Doing What



THE A's CENTER FIELDER, Billy North, came aboard with a pennant and a baseball cap for patient Philemon Shark, who is an ardent sports fan. Would you believe that he forgot to bring a hardball? So he just autographed a softball supplied by Special Services. "I play softball too," he said. Phil was seriously injured when someone threw a match when he was filling his mini bike with gasoline.

Thompson Is Sailor Of Month



Some 7 months ago an orthopedic ward was opened at NRMCO which combined dependent and military personnel. The concept was new to this facility. Hospitalman Randall E. Thompson showed fine organizational ability and as senior corpsman aided in the successful implementation of the new concept. As a salute to such fine performance of duty, he is our Sailor of the Month for October 1974.

Randall comes from Stanton, Ca., and although only 20 years old he has assisted in indoctrinating a new staff of civilians in a most harmonious fashion. He likes his work so much that at the moment he is certain that a medical career is in his future.

In sports also, Hospitalman Thompson has won recognition. He entered the nautical mile (6,076 feet) run at Alameda Naval Air Station and came in winner. He's an alternate for the West Coast cross country championships; and after having placed sixth in the 12ND meets, it's quite likely our Sailor of the Month will be garnering other honors for himself and Medical Center.



A DANCE AT THE LOUNGE provides enjoyable moments whether celebrating the Chinese New Year, St. Pat's Day, Easter or May Day. Beverly Davis during the year involved some 95 patients in planning a recreational program. On Oct. 30 about 45 patients joined with 27 volunteers to celebrate Spook Night.



ERASE THE IDEA that all RN volunteers are female. Don Supriana here lends an attentive ear as Dennis Lasen, a patient, plays a tune on his harmonica.

Born at . . .

Naval Regional Medical Center Oakland Oct. 25, 1974, Sarah Elizabeth Lorenzen, 7 pound, 3 1/2 ounce daughter of Margot and LCDR Paul C. Lorenzen on Oct. 30, Mellie Dawn Grieve, 6 pound, 8 ounce daughter of David and HN David L. Grieve.

JANGO Class To Start

A JANGO is a member of the Junior Army-Navy Guild organization. She donates a minimum of 60 hours per year as a nurse's aide on the wards at Naval Regional Medical Center Oakland.

Membership requirements are that she be 14 to 19 years old. Eligible for membership are daughters of all military personnel of the Army, Navy, Air Force, Marine Corps and Coast Guard who are serving on active duty or

who are entitled to retired pay. A valid identification card is essential.

Classes will begin on Saturday, Nov. 16, and continue on Saturdays, Nov. 23, Dec. 7 and 14, at the Medical Center. Applications for classes must be received by Monday, Nov. 11.

Interested? Please call 639-2196 or write to:

Chief of Nursing Service
 Naval Regional Medical Center
 Oakland, CA. 94627

CAN YOU IMAGINE THIS HOSPITAL WITHOUT THE GOOD NEIGHBOR?

Since World War II, the main purpose of the Red Cross in our hospital has been to help patients obtain the maximum benefit of health care by taking a whole-person approach. Concern involves providing medically approved recreation as an aid to recovery, plus helping solve many personal and family problems.

Whether a personal service is needed or a financial assist for the family is imperative, the American Red Cross is there as a People Helper. Often the work of the 10 regular staff members and some 150 volunteers is taken for granted.

The dedicated volunteers are needed to assist on many of the wards and in the clinics. Some 75 of them are actually trained workers for the on-base duties, and they devote from 1 to 2 days a week to the Center. If a patient needs help in writing a letter or to use someone else's legs to run an errand, the Red Cross volunteer is



LITTLE DAVID PULU, on the pediatric ward, is made less lonely by a visit from Volunteer Mrs. Norma Steele.

patients. Many persons with loving hearts knitted the 1,075 pairs of bed socks, knitted or crocheted the 176 afghans, the 181 pairs of crutch pads and 240 pairs of hand grips distributed on base last year by the Red Cross.

During the past year, caseworkers handled 1,272 requests,

if by magic, by each bedside to help spread the feeling that someone cares.

When an emergency arises the Red Cross communicates around the world; for birth messages, verification of emergency leave, personal and family counseling—you can count on them. And on the recreational side, 113 motion pictures were shown on base to 1,350 patients; 1,340 ward programs or recreational events involved 10,000 participants in the planning or activity. Nine lounge activities included 500 people; and 100 patients were escorted to community events.



A RECREATIONAL GAME is taught by staff member Kathy Van Ronzelen to patients J. Withers and B. Prison. Four hundred and nineteen game instructions were given during the year.



VOLUNTEEN Nancy Ventin gives a lesson in leatherwork, just one of 871 craft activities provided by the Red Cross during the year. Other hobby activities, such as stamp collecting and guitar playing, totaled 435.



PERHAPS A GAME of chess helped at least one patient be less anxious about his illness. Volunteen Rita Castillo is the challenger.

there with a service that would be greatly missed. When a station wagon with a Red Cross on it stops at the front entrance, know that some dependent or retired veteran has probably received transportation from Alameda, Richmond, Berkeley or Oakland. Courtesy, the Good Neighbor.

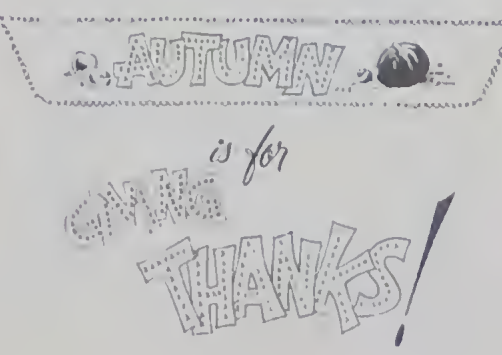
For each volunteer on the grounds there are countless other community volunteers behind the scenes who supply the 3,300 pairs of scuffs distributed annually to the

provided some 1,987 services, gave financial assistance in the amount of \$3,858. (Grants amounted to \$449 and loans added to \$3,409.) The Red Cross sent 557 wires, provided 4,567 toothbrushes at a budgetary cost of \$182.68. They gave out 4,108 tubes of toothpaste (\$328.64), distributed 1,248 razors (\$436.80), issued 1,417 tubes of shaving cream (\$149.19) and provided 4,892 combs (\$48.92). No tab was kept on the number of floral bouquets, cacti gardens or terrariums that appear, almost as



PERSONAL SERVICE Volunteer Mrs. Alva Reiner pauses to select some scuffs (donated by other community volunteers) to deliver to a patient newly admitted.

At the start of this Thanksgiving month, maybe it is time to give thanks for our Good Neighbor. Without them there would be many voids in the operation of Naval Regional Medical Center, Oakland.



NINTH FLOOR Ward Aide, Mrs. Ardeth Sklinchar, gives a bed-ridden patient an assist; and Volunteer Mrs. Gladys Niemann is also right there when needed.



STAFF WORKER Peggy Gough distributes a yarn kit to help a patient pass a long day.

Scenes by the Sidelines

By RON BROWN

PT/OT AND PEDS/OB ADVANCE IN PLAYOFFS

Tuesday, Oct. 29, was the beginning of the 1974 flag football playoffs, with Peds/OB opening the playoffs with a shellacking of OR by a score of 53-6. Quarterback Steve Baez contributed the thrills as he passed for seven touchdowns as Peds/OB scored almost at will. Baez connected for four touchdown passes through the air to Forest Beatty for distances of 20, 7, 51 and 42 yards.

Baez also connected with Dennis Mitchell for three touchdowns on passes of 40, 24 and 78 yards.

Peds/OB's other touchdown came on a pass from Dennis Mitchell to Bill McKenzie for a distance of 28 yards.

The single touchdown scored by OR came early in the first half as Dennis Smith handed off to John Stryker who faked a run and passed to Steve Springer. The play covered 40 yards good for six points.

PT/OT SQUEAKS BY PHARMACY 26-20

PT/OT led at half time 7-6, but scored three times in the second half and staved off several attempts by Pharmacy to score more than the two they scored, to go on and win 26-20.

The combination of Bob Johnson to Britt Blum proved too much for Pharmacy as this duo combined on passes of 35, 40 and 35 yards. Johnson's other aerial shot was a 20 yarder to Frank Morgan.

Pharmacy's scoring came as a result of a 26-yard pass-and-run play from Ross Lunderville to

Mike Stafford. Jerry Kolling sparked Pharmacy's attack with a 35-yard pass-and-run play to Stafford early in the second half.

With 5 seconds left in the game, Kolling scampered around end for 5 yards and pay dirt.

The wins by Peds/OB and PT/OT enabled them to reach the finals on Thursday, Oct. 31. Using the rules of the playoffs gave Peds/OB a point in the playoffs, since they won undisputed possession of first place in the league, which simply means that PT/OT must win two games to win the playoffs.

The playoffs brought that into reality last week as PT/OT defeated Peds/OB by a score of 13-12 in a hotly contested game. The win by PT/OT avenged an early season defeat at the hands of Peds/OB.

Peds/OB defeats PT/OT for station championship, 37-19. Story next issue.

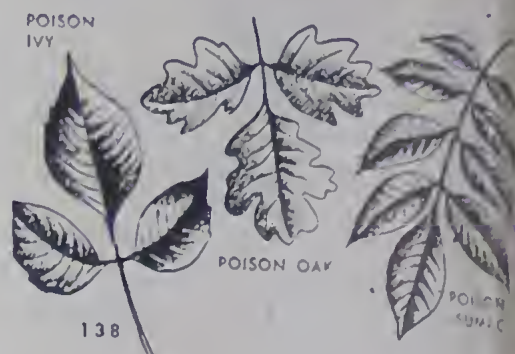
INTRAMURAL BASKETBALL LEAGUE STARTS NOV. 27

Teams still have a chance to enter the league. So far, there are nine teams entered, but still room for more. All games will be played on Wednesday nights.

Contact Ron Brown at ext. 2350, or fill out an entry blank and mail to Special Services, building 38. Entry blanks are available at Special Services, the gymnasium or Ron Brown's office.

Don't be late! Deadline for entries is Nov. 20 at 12 noon.

Bits and Pieces



Dorothy Tovatt, who is so skilled in making egg decorations, has spent a portion of her vacation teaching others to be "egggers" at the 23rd Annual Holiday Decoration Show in the Oakland auditorium. This year her anniversary tree, reviewing 35 years of married life, has elicited quite a bit of delightful comment from the viewing public.

HAVE YOU VISITED the Red Cross lounge recently?

Red Cross offices and lounge are located in building 71A, and for your pleasure there is pool, ping pong, shuffleboard, TV, radio, phonograph, books and games.

Building 71A is located on the hill above the bank. On a nice day the pleasant walk from the hospital affords a restful view and change of scenery. Yo'all come, ya' hear, the coffee pot's abrewing!

A bearded face with a blue denim cap (attached to a body of course) appeared at the doorway of THE OAK LEAF office. A blink, then, "Why, it's Peter Hankel Shepherd!" And so it was, out of "Deep Freeze." Quickly your editor grabbed a camera and took four or five great personality shots of Pete so the readers could see what the year of isolation had produced. (The photographers say that a camera works better if there's film in it.)

Pete describes his year of living at the South Pole as something that has to be experienced to understand what living a year with 142 people, who are dedicated to science, can mean. Pete spoke in terms of a near spiritual experience. He promises to return to Medical Center in December with a slide show presentation. One of our former chaplains, LT James Trett, a third generation military chaplain, was also iced in with Project Deep Freeze.

Gathering ants for an ant farm proved a bit hazardous to Brenda Town and henceforth she plans to order ants for her sons from a catalog. After suffering several weeks from poison ivy, Brenda now has a new respect for a certain three-leaved plant. Her one word of warning, "Beware!"

DOUBLE CHECK YOUR BIKE SAFETY

More and more staff members are bicycling to work each day and biking as an ecology measure has risen in popularity nationwide. Biking accidents have risen also—in number and unpopularity, but still many cyclists fail to observe the safety rules.

- When biking, do you
- wear a helmet?
- display a flag that can be seen above other vehicles?
- possess a safety lock and chain so your bike does not become "missing in inaction"?
- carry books, purses and other necessities in a bike bag, itself duly marked with reflector stripes?
- wear comfortable shoes that do not slip off the pedals or have shoe straps and retainers attached?
- for night operation, wear flashlights on the legs, have reflectors on the wheels and have the bicycle otherwise properly lighted?
- And don't forget to check the brakes!

When you have passed all these tests, then it might be safe for you to give HMCS Paul Lightfoot a little competition. His mileage record has now hit 7,000 miles; and on a recent Sunday competition he tallied over 100 miles, with his bike time only slightly over 9 hours.

"Wheeeee!" (editorially speaking).

Movie Schedule

Sunday, Nov. 10

COOL BREEZE—Thalmus Rasulala, Raymond St. Jacques—Adventure Drama (R)

Monday, Nov. 11

CAHILL, U.S. MARSHAL—John Wayne, George Kennedy—Western (PG)

Tuesday, Nov. 12

THE DESTRUCTORS—Michael Caine, Anthony Quinn—Action Drama (PG)

Wednesday, Nov. 13

FOR PETE'S SAKE—Barbra Streisand, Michael Sarrazin—Comedy (PG)

Thursday, Nov. 14

THE MAGNIFICENT SEVEN RIDE—Lee Van Cleef, Stefanie Powers—Western (PG)

Friday, Nov. 15

THE PYX—Karen Black, Christopher Plummer—Drama (R)

Saturday, Nov. 16

BLUEBEARD—Richard Burton, Raquel Welch—Comedy Drama (R)

Sunday, Nov. 17

SHAMUS—Burt Reynolds, Dyan Cannon—Action Drama (PG)

Monday, Nov. 18

THIS IS A HIJACK—Adam Roarke, Neville Brand—Drama (PG)

Tuesday, Nov. 19

MACON COUNTY LINE—Alan Vint, Cheryl Waters—Action Drama (R)

Wednesday, Nov. 20

DIRTY MARY, CRAZY LARRY—Peter Fonda, Susan George—Action Drama (PG)

Thursday, Nov. 21

INTERECINE PROJECT—James Coburn, Christiane Kruger—Drama (PG)

Friday, Nov. 22

THE GROUNDSTAR CONSPIRACY—George Peppard, Michael Sarrazin—Drama (PG)

Sunday, Nov. 23

BATTLE OF THE PLANET OF THE APES—Roddy McDowall, Claude Akins, Science Fiction (G)

Saturday, Nov. 24

VENGEANCE—Richard Harrison, Alan Collins—Western (PG)



The OAK LEAF



NAVAL REGIONAL MEDICAL CENTER, OAKLAND

Vol. 36, No. 22

Friday, November 22, 1974

Time of Planning

**For 50 Years
Miss Mary Vallee
Has Helped With
Christmas Plans
For Veterans**

When the marquee at the front gate reads, "Welcome aboard Veterans Hospitals' Christmas Committee," it is a signal that this hospital is hosting the Christmas planning committee. Also it signals that the season of sharing is here again!

When Mr. John M. Gabel, President of the Committee, arose at that annual dinner held at the Officers' Mess (Closed) to pay recognition to Miss Mary Vallee for her years of diligent work, he commented, "What can you say; what gift can you give a woman who has given so much?" A letter was read from the President of the United States paying tribute to her unselfish devotion in helping tens of thousands in our hospitals know warmth at the Christmas season. Letters of gratitude were also read from the Governor of the State of California and the Mayor of Oakland.

Miss Vallee modestly disclaimed the special recognition. "No one person or individual can take the credit (that veterans in the Livermore, Martinez and Medical Center hospitals are remembered each Christmas)." She reminded everyone that even in the headline days of 1945 a sum of \$11,392 was collected to bring cheer to the wards. She reminded all that The Oakland Tribune plays a large role each year in helping collect sums from friends in the community and that they annually run a list of donees. She urged that it not be forgotten that aside from the money gifts, hours and hours of volunteer work help make her task and that of the other planners easier and more enjoyable.

Besides the decorations and guts for each patient, each year a Christmas program is presented which draws on outstanding talent from the theatrical world. This year the Christmas program for Medical Center will be staged on Dec. 17 in the Clinical Assembly. All staff members are invited to share what has always proved to be a most enjoyable and spirited evening.



**WHETHER IT'S
TURKEY
OR ONLY A
FRANKFURT
DON'T BE TOO
GREEDY
TO PAUSE AND
GIVE THANKS
FR'IT!**



Thanksgiving Message from the Commanding Officer

For more than a hundred years we have observed a day of Thanksgiving in late November. This is a uniquely American holiday which must not be considered as just the beginning of another holiday season. Sometimes we tend to overlook the real meaning of our Thanksgiving tradition and the guiding spirit which caused our forefathers to be grateful for the fruit of their labors. Perhaps each of us should reflect a little and keep in mind our own personal reasons for being thankful. At this time may we all, military and civilian staff, active duty, retired and dependent patients, join together on our National Day of Thanksgiving to offer our thanks and gratitude for the blessings of our life in this our great land.

Time of Thanksgiving!

MENU, NOV. 28, 1974 — MAIN DINING ROOM

Appetizers

Fresh Fruit Cup Chilled Tomato Cocktail

Soup of the Day

French Onion with Croutons and Parmesan Cheese

Salads

Tossed Fresh Greens Assorted Relishes

Entree of Your Choice

ROASTED TOM TURKEY

Cornbread Dressing Fresh Cranberry Sauce

Giblet Gravy

BAKED FRESH HAM

Fruit Sauce Candied Apples

CRISPY FRIED PRAWNS

with Tangy Tartar Sauce

STEAMSHIP ROAST OF BEEF

au Jus

Vegetables

Marshmallow Sweet Potatoes en Casserole

Garden Peas and Carrots Fluffy Whipped Potatoes

Whole Kernel Corn

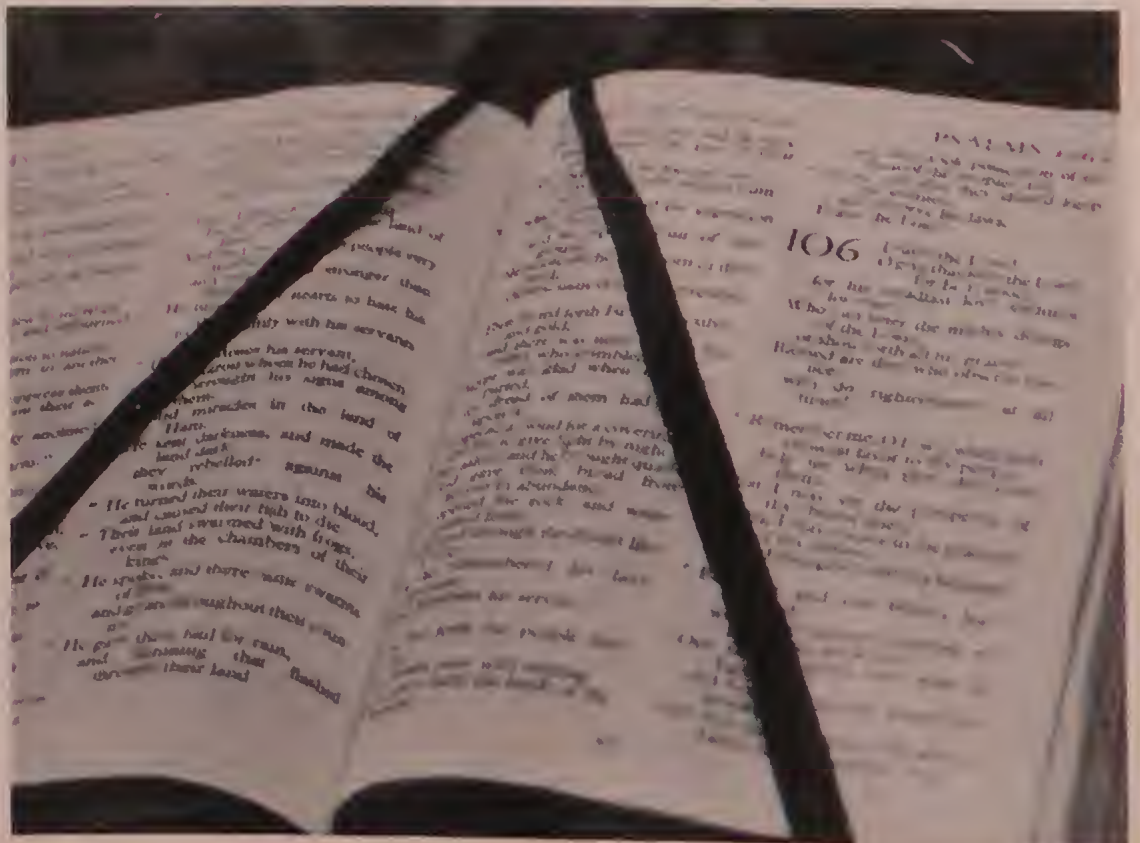
Oven Fresh Dinner Rolls

Dessert

Apple Pie with a Wedge of Cheddar Cheese

Pumpkin Pie with Whipped Topping

Coffee Tea Milk Assorted Juices
Mints



The Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

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Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka

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THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Regional Naval Medical Center, Oakland, California 94627.

+ + Chaplain's Corner + +



YOUR CHAPLAINS: [Row One] CDR Leslie Wayne Rushing, LCDR Kenneth J. Putt, LCDR Edward K. Murray; [Row Two] LCDR Eugene P. Winterfeld, LCDR Robert W. Duke, CAPT John E. Thompson, LCDR Colon S. Jackson.

WASHINGTON, D.C. (NavNews)—The Navy Chaplain Corps will celebrate its 199th anniversary on Nov. 28.

The Chaplain Corps traces its history to 1775 when the Continental Congress adopted the second article of Navy Regulations calling for divine services afloat:

"The commanders of the ships of the 13 United Colonies, are to take care that divine service be performed twice a day on board, and a sermon preached on Sundays, unless bad weather or other extraordinary accidents prevent."

The Rev. Edwards Brooks, a Congregational minister, is the first chaplain known to have served in the Continental Navy. He reported aboard the Hancock in 1777 and was captured by the British later that year. Ultimately, Rev. Brooks was exchanged for a captured British chaplain.

Today, the Chaplain Corps has grown and is comprised of representatives of many religious bodies of the United States. Its purpose is to provide professional guidance to the Navy and to promote the spiritual, religious, moral, corporate and personal well-being of the Navy family.

FIFTEEN STATES and Guam have authorized the payment of a bonus to men and women of the Armed Forces and veterans who served during the Vietnam era. Cutoff dates for making application and information are available in the Legal Office.

Tea Honors JANGOS



JANGOS MAKE SURE that Melodee Cunningham is capped for the 100 hours volunteer work at Medical Center. Jackie Hagg [not pictured] has also won capping honors.

Those Carandang Twins, Gloria and Lourdes, have put on the 1,000-hour pin for JANGO services performed as nurse aides, and since they continue to serve it is very hard for co-JANGOS to catch up with them.

However, there must be a starting point, which begins with capping after 100 hours. Pins for 150 hours were received by Robin Dean and Jana Ubonille; the 200-hour chevron, Barbara Burghardt, Cathy Cromwell, Kay Eckert and Jana Ubonille; the 300-hour chevron, Judy Alsip, Cathy Cromwell, Karen Deaner, Kay Eckert, Pam Metz, Loretta Trumbull, Pat Loonam and Karen Miller; the 200-hour, Judy Alsip, Debbie Dekrey, Michele Miller and Karen Metz.

The JANGOS and their mothers were honored at a tea at the home of RADM and Mrs. Sparks on Sunday, Nov. 17. The JANGO sponsor, Mrs. Sue Hayes, announced that 11 girls had signed for the new class.

Navy Good Conduct



Award

HM2 Rose L. Hymel
HM2 Robert E. Reynolds, III
HM2 Warrington A. Richards
HM2 John H. Stryker

Our Own Wins Award



LT W. K. MURRAY receives plaque and award presented by Major General William A. Boyson, MC, U.S. Army.

The Hoechst-Roussel Second Prize Resident's Award, for a paper entitled "Improved Management of the Pregnant Diabetic," has been awarded LT W. K. Murray of OB & GYN Service.

The paper was presented at the week-long seminar of the Armed Forces District of the American College of Obstetricians and Gynecologists, held at the Statler-Hilton Hotel in Washington. More than 1,000 active duty, retired, reserve and civilian specialists attended this 23rd annual meeting.

CFC Final Report

ONE HUNDRED PERCENTERS: Chaplains, Fire Department, Medical Records, Medical Service, Recreational Service, Red Cross, NPRL, OB-GYN, Pediatric Service, Patient Affairs, Urology.

The 832 donors represent a 57 per cent participation for a total contribution of \$14,922.09, of which \$10,241.22 is payroll deductible.

LCDR Adam Antonopoulos, the coordinator and project officer, wishes to express appreciation to all keymen and keywomen who assisted in the People Helping People campaign.



In Memoriam

... Sustained and soothed
By an unfaltering trust, approach thy grave
Like one that wraps the drapery of his couch
About him, and lies down to pleasant dreams.
Bryant—Thanatopsis

Mass in memory of Donna Cruzan will be Tuesday, Nov. 26, 12 noon, Chapel of Hope, building 500. Request has been made by her mother that all remembrances be directed to the Navy Relief Society or to Pets Unlimited, (address: 3170 Sacramento St., S.F., Ca. 94115).

Who's Been Doing What . . .



OPERATING ROOM CLASS No. 7406 graduates are E. Kay, R. Hoyer, M. Dray, G. Alvarado, S. Sringer, K. Fuentes, S. Kleiber, T. Noyes, C. Lynch, R. O'Connell, M. Ross, M. Smith, J. Pappan and R. Park.

Flying Kites Is What!



ALL THE RAIN and winter weather promised for the Bay Area failed to arrive as of Thursday, Nov. 14, and HA Cindy Nobliski, Urology Service, said as she flew a kite, "I just don't believe I'm really out doing this!"

Having Parties Is What!



IT'S OKAY for Dorothy Poindexter to pile her plate of food as high as she likes. She's the honoree at a farewell party luncheon held in the Patient Affairs Office. Dorothy resigned as Admissions Supervisor, a position held for over 6 years. Dorothy is seated on the left and visits with Dorothy Tovatt and Shirley Frothingham.

Getting Educated Is What!



By HMI J. Koonce

Under the foreign student training program, Hon Van Tran, Trung Si Y-TA (when translated, Hospital Corpsman Second Class), is the first West Coast trained Vietnamese Physical and Occupational Therapy Technician. Although the training of Vietnamese PT-OT techs is not new to the Navy, it is new to Naval Regional Medical Center, Oakland. Previously, all Vietnamese students were trained at the PT-OT Tech School in Bethesda, Md.

The 23-year-old student arrived in the United States from Vietnam on Mar. 4, 1974, and completed Hospital Corps "A" School in San Diego with a final average of 94.6, which was second in his class. He was immediately transferred to Oakland for further training in physical and occupational therapy. Hon is from Can Tho, Vietnam, and graduated from My Anh High School, Saigon, in 1969. Later, in 1969, he entered the Vietnamese Navy and, following boot camp, attended 14 weeks of the Vietnamese joint medical training schools which train all Vietnamese military paramedics.

Hon speaks fluent English and has one of the highest academic standings in the newly-developed NRMC Oakland PT-OT Tech School. Hon has had duty stations in Nhabe and Cam Ranh Bay, Vietnam, where he worked in the base dispensaries. For hobbies, he enjoys traveling, ping pong and volleyball. When he graduates Jan. 10, 1975, he will return to Vietnam to work in his newly-trained skills in physical and occupational therapy.

Having Anniversaries Is What! . . . Story on Page 6



CPL MARY BILGERE and SSGT L. E. Roads lend an assist to COL W. M. Vanzuyen in serving the first piece of cake to the youngest Marine, PVT R. D. Hopper [near invisible in the shadows] and to the oldest Marine, SSGT G. L. Kade, in the foreground.

WINing Is What!

WOWwwwww, the NX has won at WINing! In order to make additional savings for authorized patrons, on Monday, Nov. 18, the service station on base cut the price of regular gas four cents and premium gas five cents per gallon. How's that for WHIPPING INFLATION NOW?

Being Born Is What!

Staff baby born at Naval Regional Medical Center, Oakland, on Nov. 7, 1974, Joseph Maurice Sanchez, 7 pound, 15 ounce son of Charlene Marie and SR Michael Sanchez, corpsman OR school.

Corpsman Takes Time To Save a Life



Fast action, decisive expertise and immediate first aid treatment helped save the life of Mr. Albert Mais, a guest at a wedding reception of corpsman HA Allen F. Alexander.

When Allen observed Mr. Mais collapse on the sidewalk, he found that his guest had no pulse. He put aside that it was the occasion of his own wedding day and went into action. He summoned help for mouth-to-mouth and himself gave external cardiac resuscitation while directing others to call an ambulance and help with other lifesaving measures.

In a Letter of Appreciation from his Commanding Officer, the prompt concern for fellowman is declared "in keeping with the highest tradition of the U.S. Navy's Hospital Corps," and demonstrates the stuff of which a corpsman is made which makes him a "mainstay" of the Navy.

Who's Been Doing What



USO JUNIOR VOLUNTEERS came aboard to entertain with an hour of variety fun. The group of guitarists, singers and dancers have presented their show at the Oakland and San Francisco USO Clubs, Coast Guard Station and on several ships in port here. [According to rumor, the USOs offer a lot of fun times!]

Advancements

HM1 Gary Burkshartmeier
HM1 Michael Husarek
HM1 Pat Spelce
HM2 Jean Bloom
HM3 Melecio Abuan
HM3 Oscar Balagot
HM3 Artis Clay
HM3 Robert Clevenger
HM3 Johnnie Coleman
HM3 Orin Duchien
HM3 Dale Duke
HM3 Virginia Fox
HM3 Mark Gingrich
HM3 Craig Hilton
HM3 Douglas Hirschman
HM3 Rickey Jackson

HM3 Richard Johnston
HM3 Kevin Kuwada
HM3 Thomas Lyons
HM3 Donald Meyer
HM3 Ariel Montes
HM3 Carl Morris
HM3 Charles Morris
HM3 Delphina Motta
HM3 John Nevarez
HM3 James Odell
HM3 Walter Shaw
HM3 Pamela Somers
HM3 Jeannine Speranza
HM3 Cephus Vaughn
HM3 Paul Westhoff
HM3 Tony Zorzynski

JONES PUT A STOP TO SNATCHING BIZ



HN Christopher Burr Jones earned a Letter of Appreciation in recognition for services set forth as follows:

"While driving on Park Boulevard with your wife through the city of Oakland, Ca., you observed a young man running down the street. It was determined by you that the young man had a purse in his hand. You quickly stopped your car and pursued the apparent purse snatcher:

The chase was long, but you remained in unrelenting pursuit following the young man over fences and hedges until you were within grabbing distance of him. The purse snatcher dropped the purse while running. Since the purse was recovered, you discontinued the chase and you returned the purse to its rightful owner who was Mrs. Carlton B. Licht. She offered you a reward which you refused.

The courage you demonstrated in setting your own personal safety aside to help a victimized citizen reflects great credit on you, particularly in these times when street crimes are usually ignored. By your actions you have brought distinction to yourself, the Naval Service and this Naval Regional Medical Center.

The Commanding Officer takes great pleasure in saluting your courageous actions and extends his warm congratulations for your exemplary conduct. 'Well Done.'

Promotions

CAPT Francis Bodenbender, MC
LT Dennis Spillane, MSC
LT Lois E. Loveridge, NC
LT Jack E. Tobey, NC

Letter of Appreciation

LTJG Kathleen Patusky, NC

Augmentations

LT Patricia Mailander, NC
LT Barbara Helzer, NC
LTJG Susan Gerhard, MSC

Commendations

HM1 Alfredo Hidalgo

To Fleet Reserve

HMCS Stephen Melissakis
(TAD Branch Dispensary, Concord)

LAB Basic Class 7502 Graduates



FIRST ROW: HM3 Ariel Montes, HN German Malimban, HM3 Crisostomo Salamanca, HA Michael Doering, HM3 Melecio Abuan, HN Ricardo Manzano; 2nd Row: HM2 Deborah Simon, HA Mario Lim, HM2 "Skip" Cheshier, HM3 Orin Duchin, HN Bruce Fluckey; 3rd Row: HN Michael Swenson, HA Buddy Brown, HM3 Michael Garcia, HM3 Erik Sheahan. Back Row: HM3 Thomas Lyons, HM3 Charles Morris, HM2 Paul Burke, HA Michael Witter, HN Christopher Record.

(HN Bruce Fluckey graduated with a final average of 99.1 per cent, a record for this school at NRMC, Oakland. Not pictured are HN Sandra Forsberg and HN Thomas Carnahan.)

WIN Consciousness Catches On Here

The advice fed us by the media to play it safe and save 6 months salary for "recession" has a valid flavor. But when one multiplies 1 month's salary by 6, then notes the minus amount in the old bank account, the shocking realization could nigh cause a cardiac infarction.

One approach for climbing aboard with WIN however is to start with the little savings. There's several opportunities to save being offered right at this facility.

Robert Gonzalas of the base beauty salon announces that on Tuesdays and Wednesdays he will be offering specials on permanents and frostings. Get his prices, then figure your savings; they add to 20 per cent off on permanents and 25 per cent off on frostings. You just can't afford NOT to have a frosting.

And after having a beautifying uplift, if you drop down to the snack bar in the same building you will find that, in cooperation with whipping inflation, hamburgers have been reduced from \$1.00 to 80 cents. A 75-cent bacon and lettuce sandwich is down to 50 cents. With a grilled cheese reduced to 30 cents, you can pocket a dime and keep from starving. On a bacon and egg breakfast you can pocket 45 cents and be out only 85 pennies.

But you hadn't noticed that the cup of coffee at the snack bar in building 500 is only a nickel if you forego the plastic cup.

Pause for a moment's Thanksgiving. The depression is in your favor!

Again, Wives Offer A Wrap-up of The Season



Almost 'ere the turkey has gobbled, for folk needing to "Mail Early Before the Rush," the officers' wives, working with the Red Cross, will this year again be offering gift-wrap services for active duty staff members and in-patients.

Beginning on Monday, Dec. 9, and continuing to Tuesday, Dec. 24, from 10:15 a.m. to 4 p.m., week days only, volunteers will be in the wrap room (in the vicinity of the Navy Exchange) wrapping a little joy into each present.



YOUNG BRIDGET BURKHUSE and **Elkie Traudt**, whose granddaddy is a retired Colonel, might suggest to you that a Snoopy trunk might be just the gift for someone's Christmas. Did you happen to notice that bargain price [amount censored !¶\$&=] on the digital clock-radio? And are you aware that the exchange is now permitted to carry electronic computers?



FROCKING
CAPT Tom Carson, MC

HAVING FAMILIES PRESENT MAKES PROMOTIONS EVER SO MUCH MORE MEMORABLE?

Just ask CAPT Tom Carson, Chief of Dermatology, and HMC Robert Pierce, X-Ray.



ADVANCEMENT
HMC Robert Pierce

THE SHORT SHEET

Eighteen Year Olds Must Register

Even though the draft has ended, the Selective Service Act still requires young men to register. All males are required to register with Selective Service within the 60-day period beginning 30 days prior to an 18th birthday. Registration may be accomplished at a Selective Service System local board, with a volunteer registrar in such locations as high schools or court houses or by a mail-in registration card.

Women May Enlist at Age 17

As a result of recent Federal law, women may enlist with parental consent in the Armed Forces at the same age as men, age 17.

Satisfaction Is Guaranteed at NEX

Satisfied customers are faithful customers, and the message displayed in Navy Exchanges means exactly what it says, "Satisfaction Guaranteed or Your Purchase Cheerfully Refunded."

CSC Revises Guidelines for Maternity Absence

Federal employees of the Navy are no longer required to take a specified amount of leave for maternity reasons. This and other changes are contained in new guidelines issued by the Civil Service Commission. A male employee may request only annual leave or leave without pay for paternity reasons.

Doctors Begin Getting Bonuses

Qualified Navy physicians began receiving up to \$13,500 annual bonuses last month as an incentive for remaining on active duty.



THIS SIMPLE BOARD, frequently carried on ambulances, can often prevent the compounding of a fracture. The head of the accident victim is strapped to the notched portion, and the body or spine is also protected by the board. But then the next maneuver is to get the casualty out of the wrecked car.



THIS ACCIDENT "VICTIM" is not really a casualty. He is play-acting so that students in the emergency medical technician course can have experience in extricating him from the front seat where he was discovered, slumped unconscious over over the steering wheel. "Fifteen minutes is much too long," the instructor, HM1 James Brasseur, told his students, "I think we can improve at the 3:00 o'clock demonstration exercise."

Reenlistments

HM1 James W. Brasseur, 2nd reenlistment, for 6 years. Member works at Education and Training and has requested M.S.T. School.

HM2 Mary G. DeLong, 1st reenlistment, for 5 years. Member works in Physical Therapy and has been assigned to Puerto Rico.

HM1 Dale J. Oster, 5th reenlistment for 4 years. Member works in PMT.

HMC Herman John Pagan, 2nd reenlistment, for 6 years. Member works in CIC, and will remain on board.



Scenes by the Sidelines

By RON BROWN

PEDS/OB REPEATS AS FLAG FOOTBALL CHAMPS OF 1974

Peds/OB 37—PT/OT 19

Speed was obviously the factor along with accurate passing as Peds/OB duplicated their feat of 1973 as they captured the 1974 flag football crown in fine style with a sounding 37-19 defeat of PT/OT, Tuesday, Nov. 5.

Steve Baez Stars

As with most good teams, there is always a standout. This seems to be the case with Steve Baez of Peds/OB. Baez has consistently proved to be the Number One quarterback in the league, passing for five touchdowns and scrambling for one in the 37-19 championship game with PT/OT.

Baez has been throwing four to six touchdowns all year in league games. He recently traveled to Moffett Field for the 12ND touch football championships, but was sidelined after the first game with a pulled hamstring muscle. Had he not had injuries, along with a couple of other teammates, post game analysts contend that NRM-CO probably would have won the 12ND championship for 1974.

Forest Beatty Scores Four TDs in Championship Game

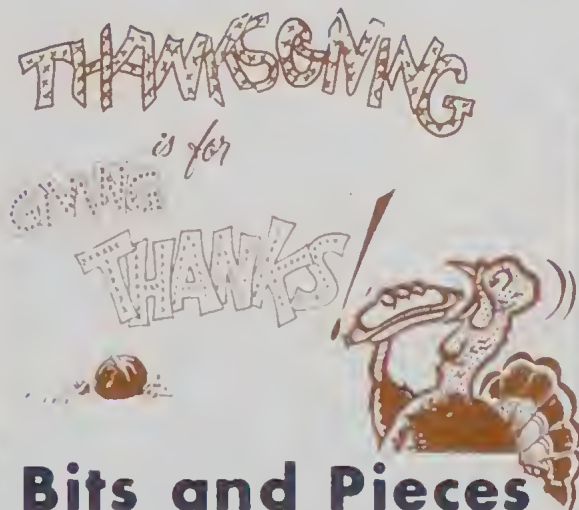
Someone had to catch all of Baez's aerial slants, and that was Forest Beatty, who garnered passes of 25, 20, 19 and 5 yards for 24 of Peds/OB's 37 points.

Don Sims caught the other pass for 27 yards and a score to aid Peds/OB's cause.

John Dalton came into quarterback the last few minutes of the game and connected with Jay Noffsinger for a 30-yard pass-and-run play, good for a score. Also playing a big part in the win were Dennis Mitchell, Mike Broz, Gary Marineaux, Marshall Vaughn, Dave Powell and Ken Autry.

Defense was also a key factor in this game, as Peds/OB picked off four PT/OT passes in the first half and converted all into scores.

PT/OT's scores came on passes of 27 and 17 yards from Bob Johnson to Frank Morgan and Greg Barnes.



Bits and Pieces

A priceless affirmative in favor of keeping the mother "aware" during deliveries in which both parents are present is the case of the birth of Carrie Beth Howard. When she was being born, the nervous father was frantically snapping slide after slide, but there might not have been a single precious moment saved for posterity had Lynn not looked up to remind Ivan that he should take the cover off the camera lens.

While the Marine birthday celebration was taking place on the third deck there was another cake-cutting farewell going on right around the corner. The Finance Section sent Dorothy Moore off with best wishes to take a job at Moffett Field under CDR Francis Teague. Certainly a pretty engagement ring that blonde was wearing!

'Twas Ambrus E. Turner and not Leonard Wilford who has 1,195 hours of sick leave. Lillian Winfield also has over 130 hours to take-or-forfeit before 1975; as does William Hendrix, Ernest Sivertson, James Robertson, Jr., Claud Chaney, Esaw Raymond. Aw, shuckins', probably several other civilian employees need be added by this date.

Have a Safe Happy Thanksgiving



FIRE COSTS AND COSTS

Each year, fire accounts for a staggering loss of life and property.

In the United States and Canada, an average of 12,730 lives are lost each year because of fire; each day there is an average of 35 fire deaths. Of this figure, 3,570 are children under age 15.

It is estimated that 25 per cent of the children who become fire casualties are unsupervised while exposed to fire hazards.

Annual property loss is estimated at \$3.1 billion.

TOO OFTEN PEOPLE ARE THE "THINGS" THAT BURN.

'Cuffs For Now'



"If you put that picture in THE OAK LEAF, you've had it!" big Bad Dave threatened Photographer Tim Town. But who's afraid of Fiancé Krueger, says the ed.

Friends had bachelor/ette party/ies for the bride- and groom-to-be, and only by chance was the wedding still on at the finale.

On Dec. 28, Bobbi Jean Vandersluis, above left, will "chain for life" HM1 David Lee Krueger, enlisted personnel office. Bobbie Jean is the niece of Charlene and HM1 Jerry Koonce, also pictured.

We're all invited to the wedding... if we can make it to the Trinity Lutheran Church in Knoxville, Iowa, that soon after Christmas.

THE MARINES, TOO, ARE 199

The cake-cutting ceremony in the main dining room on Nov. 8 celebrated the 199th anniversary of the establishment of the Nation's "first line of defense," the U.S. Marine Corps.

Considerable mutual admiration was exchanged in sincere tones: "We in the Marine Corps like you doctors and corpsmen." "We doctors and corpsmen like our Marines."

COL W. M. Vanzuyen, Commanding Officer, Marine Barracks, T.I., threw out some challenges for the future. Instead of living on past glories, he said, there must be some solutions for present problems in areas of ecology, easing of the population crunch, feeding the world and conserving the world's oil and energy sources. He suggested that the 46 Marines and guests present each shared part of the responsibility for finding the answers.

The office of the Disability Evaluation Systems Counselor has been moved to the second deck, Room 2-7-18, in the area of the Patient Affairs Office. The counselor, MSGT W. R. D'Amico, only recently acquired the "Master" rank at a ceremony at Treasure Island.

Hail & Farewell

ENLISTED REPORTING

From NSHS, San Diego, HAs Jerry Ashworth, Billy Watterson, Noel Gaspar, Michael Crawford, Irving Flores and Nadine Anderberg; HNs Digno Marinas, Manolito Castillo and Reuben Deguzman; SDC Joel Amos.

From NRM, Portsmouth, Va., HM2 Sharon Flowers.

From U.S. Naval Air Facility, NRM Br Disp, Atsugi, Japan, HM2 Danny Gray.

From Nav Sta Br Disp U.S. Nav Hosp, Subic Bay, HMC Francisco Melchor.

From 3d Mar Div, HM1 Dario Deguia.

From Nav Hosp Corps Scol, Great Lakes, Ill., HA Demitria Giotes.

From NSHS, San Diego, HAs Andre Johnson, William Holzwarth, Gregory Esparza, Warren Busha, Glendon Erickson, Leland Schweitzer, David Lowman and Norman Halverson.

From Nav Health Sciences Educ & Trng Command, Bethesda, Md., HMC Charles Boyd, HM2s Amado Tolentino and Gale Murray, HM3 John Brumbaugh.

From Nav Support Act, Boston, Mass., HMD Robert Reynolds.

From Nav Hosp Corps Scol, Great Lakes, Ill, HA Lora Weaver.

From USS BRYCE CANYON (AD-36), HNL Gary Heist.

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From USS BRYCE CANYON (AD-36), HNL Gary Heist.

Movie Schedule

Monday, Nov. 25

GET CARTER—Michael Caine, John Osborne—Crime Melodrama (R)

Tuesday, Nov. 26

THE WHITE DAWN—Warren Oates, Timothy Bottoms—Adventure Drama (R)

Wednesday, Nov. 27

WHERE THE RED FERN GROWS—James Whitmore, Beverly Garland—Adventure Drama (G)

Thursday, Nov. 28

IMPULSE—William Shatner, Ruth Roman—Horror Drama (PG)

Friday, Nov. 29

FRENZY, Jon Finch, Barry Foster—Suspense Drama (R)

Saturday, Nov. 30

WHEN LEGENDS DIE—Richard Widmark, Frederic Forrest—Drama (PG)

Sunday, Dec. 1

THE OFFENSE—Sean Connery, Trevor Howard—Drama (R)

Monday, Dec. 2

CHANDLER—Warren Oates, Leslie Carson—Crime Drama (PG)

Tuesday, Dec. 3

BLAZING SADDLES—Cleavon Little, Gene Wilder—Western Satire (R)

Wednesday, Dec. 4

MY NAME IS NOBODY—Henry Fonda, Terence Hill—Western Comedy (PG)

Thursday, Dec. 5

TWIGGY—Michael Witney—Suspense Drama (PG)

Friday, Dec. 6

COME BACK CHARLESTON BLUE—Godfrey Cambridge, Raymond St. James—Comedy Drama (PG)

Saturday, Dec. 7

WICKED, WICKED—David Bailey, Tiffany Bolling, Suspense Comedy Drama (PG)

Sunday, Dec. 8

KID BLUE—Dennis Hopper, Warren Oates—Western Drama (PG)

The OAK LEAF

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

Vol. 36, No. 23

Friday, December 6, 1974

Cardiac Catheterization Laboratory Becomes Reality



AFTER YEARS of anticipation and expectation, the planners of the Cardiac Catheterization Laboratory make certain the Lab is opened with an official ribbon-cutting ceremony.

On Nov. 27, 1974, Thanksgiving Eve, RADM Henry A. Sparks presided at a ribbon-cutting ceremony which marked the dedication of the new Cardiac Catheterization Laboratory at Naval Regional Medical Center, Oakland.

The new laboratory is the result of planning and work since 1971 by CAPT George E. Gorsuch, then Chief of Medicine and now Deputy Commanding Officer, and CAPT Ronald A. Proulx, Head of Cardiology. Director of the Cardiac Catheterization Laboratory will be LCDR Daniel Danahy, MC, USNR, who will be assisted by LCDRs Daniel MacNeil and Robert Ingham.

During the past several weeks, as preparations for the dedication of the laboratory progressed, Mrs. Jean Hogerson, RN, and Senior Civilian Cardio-pulmonary Technician, dealt systematically and efficiently with the myriad details involved in the organization of this complex diagnostic facility.

Thanks to the skill, dedication

and hard work of many individuals, NRMCO is now prepared to offer new, sophisticated, potentially life-saving diagnostic and therapeutic facilities to those who matter most, our patients.

Summer Job Deadline Set By Civil Service

The U.S. Civil Service Commission recently announced the filing deadlines for 1975 summer jobs with Federal agencies. Those who file by Dec. 13 will be tested in January, while those who file by Jan. 17 will have a February testing date. No test applications postmarked after Jan. 17, 1975, will be accepted.

Complete instructions for filing and information on opportunities available are contained in CSC Announcement No. 414, Summer Jobs in Federal Agencies, which may be obtained from Federal Job Information Centers, most college placement offices, or from the Civil Service Commission, Washington, D.C. 20415.



OT ASSOCIATION PRESIDENT SPEAKS TO PT/OT SCHOOL

By her own admission, it was some 20 years ago that Dr. Jerry A. Johnson served right here as an occupational therapist. On Nov. 20 she was back, but with an impressive title. She is now President of the American Occupational Therapy Association and was guest speaker to students, staff and guests from several area hospitals and San Jose State University. They flocked to the PT/OT School to hear the petite, vivacious woman tell what is relevant to their profession.

The listeners were told that it is part of OT's job to help people become all that they are capable of becoming, to influence change with courage in this unstable age and to try to make today's issues the challenges of the future, "because they are relevant to occupational therapy." The speaker envisioned that therapists would move more and more into the area of diagnostic work and know so well what they can do that they will say to physicians, "This is what we can offer."



At the luncheon held in the Officers' Mess (Closed) in honor of Dr. Johnson, RADM Robert Baker and she were able to renew an old friendship dating to the days when they were in Harvard University together.



THE SHORT SHEET

Main Post Office Stays Open During Noon

Through the 20th of December, the base post office will have an extra employee and remain open during the lunch period.

Michigan Approves Vietnam Bonus

Servicemen and veterans who were Michigan residents for at least 6 months before entering active service should check their eligibility for a bonus which was authorized by that state on Nov. 5.

NRMCO Supports Commute Program

Employees are encouraged to make special efforts to use public transportation in getting to and from work, especially on Wednesday, the designated day for Federal, State and local government employees.

All Volunteer Force Is Still On-target

Figures released on Oct. 21 listed the total strength of the four Armed Services at 99 percent of target. Ninety percent of all non-prior enlistees were in mental categories average or above average.

The Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services,
Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka



THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Regional Naval Medical Center, Oakland, California 94627.

+ + Chaplain's Corner + +

HURRY UP!

We are again into the hurry up season.

Hurry buy your gifts early.

Hurry mail your cards early.

Hurry get your plane reservations confirmed.

Hurry get your holiday food.

Hurry on your knees, thank God for Christ.

LCDR E. P. Winterfeld, CHC, USN

Community Friends Will Again Deck The Halls



THE DECORATING CREWS go into action Dec. 14.



Add the Magic of Diana to Your Evening Tues., Dec. 17, in the Clinical Assembly, 7:30 p.m.

... and also add the personality of "Mr. Personality" (Glenn Haywood), the mimicry of those funny Snyder Brothers, the beautiful soprano voice of Annelle Delfs, the dancing of Natica.

... and top it all with the Buckingham Mountain School five piece country-bluegrass band.

... and you'll never forget the evening had for free, courtesy of the Veteran Hospitals' Christmas Committee.

Also, join the fun on Wed., Dec. 18, for a gala USO SHOW, at 7 p.m.

Unemployment Comp Provides Income

The purpose of unemployment compensation, as it concerns Navy veterans, is to provide a weekly income for a limited period of time to help those veterans meet basic needs while searching for civilian employment.

The amount and duration of payments are governed by state laws with maximum payments generally ranging from \$49 to \$138 a week. Benefits are paid from Federal funds.

Navy men and women desiring unemployment compensation should apply immediately after leaving service to their local state employment office (not the VA) and bring along DD form 214 to establish their type of separation from the Navy.

While the VA assists veterans who are seeking employment by providing information about job marts, on-the-job training and apprenticeship training opportunities, etc., the Federal agency charged with employment assistance is the U.S. Department of Labor.

Some 50 May Wear This EMT Star of Life

November was a busy month in the training of Emergency Medical Technicians. Two classes completed their training, and one of the classes took their examinations for National Registry in Emergency Medicine. The program has been growing in popularity since it started in May, with applications for training coming from all parts of the region, the Coast Guard and some of the ships in port at Alameda.

Personnel graduating in class #7501 were: Steven Alford, Geoffrey Bjorgan, David Cheney, William Combs, Mary DeLong, David George, Nicholas Guerra, Loyd Hodges, Bill King, Rose Lunderville, Brett Moore, Enrique Moreno, Diane Neyman, Darlene Quail, Greg Schedcik, Don Schlien, Larri Schroeder, Michael Smith, Christopher Tindall, Michael Walker, Greg Weber and Thomas Weltsch from the Medical Center; John Franco, Bobbie Harris, David Lenker and Michael



NOW, SAILOR OF MONTH

The above is a familiar face around NRMCOakland. He's made the pages of THE OAK LEAF often.

Inventor, researcher, organizer of a sophisticated computer system for the Clinical Investigation Center, winner in many sports events.

And, Now, Ladies and Gentlemen, we give you SAILOR OF THE MONTH FOR THE MONTH OF NOVEMBER, NONE OTHER THAT THAT VERY OUTSTANDING PETTY OFFICER, HM1 GARY L. BURKHARTSMEIER!



McCallion from branch dispensary Alameda; and Mark Bushman, Susan Gamelli, Ronald Gillespie, Connie Lofties, Paul Niehaus and Alexis Shillinger from naval dispensary Treasure Island.

Graduates from class #7502 were: Alan Bailey from the USS HANCOCK; John Laing and Gerard Newhart from the USS RANGER; Rainee Bertram, Thomas Fritcher, Lorisa Holweger, Greg Lehmer, David Rehkopf and Mikal Smith from branch dispensary Alameda; George DeCastro from branch dispensary Oakland; Sandra MacCallum and Kenneth Tyree from branch dispensary Moffett Field; Loretta Meyer and Ian Wilde from branch dispensary Skaggs Island; Herman Reynaga, branch dispensary Stockton; and Neva Daniel, Gary Park and Hulon Stewart from naval dispensary Treasure Island.

A new class of 30 enrollees started training on Dec. 3.



Say
Howdy



When you pass SSGT Melaku Affere on the compound, say a friendly "Hello" to him. He is an air crewman from Ethiopia who is in PMT school and taking his studies so seriously that Saturday night is set aside for study instead of play.

If you engage him in conversation in the dining room you might inquire if he really runs 15 miles a day. Also, what's this about the Ethiopian calendar being different, and his being one age at home and another in the U.S.?

Not to be gossipy, but Melaku wears an engagement ring and can show you a picture of his betrothed. Basketball, volleyball, sports and music are hobbies.

Say, Melaku, why aren't you on the intramural basketball team?



Who's Been Doing What . . .

Bits and pieces

Sometime ago in the sports scenes of the past, it was not mentioned that HA John F. Embody of 9-West placed 4th in the 12ND cross country run championships. He then went on to the national West Coast finals and took 8th place at Naval Station Whidbey Island, Wash., on Nov. 18.

If Dad and Mom sail or water ski a pair of eyeglass floats or optical screwdriver might be a stocking filler to pick up for them at the Optical Shop. We heard of one weekend sailor who lost his specs on a fishing trip and had to be driven home.

Jack Thompson, Optical Shop, is about to be outdone by his 13-year-old son when it comes to motorcycle racing. Brian has out-raced (not on the freeway or city streets) about 800 other youth and may now attach that black plate showing that he's No. 1 mini-bke racer of District 36. That takes in Northern California, Oregon and part of Nevada.

Another proud pop is Charles Asbelle of NPRL. Daughter Karen, 19, is headed toward a career in television and for a beginning is broadcasting the news two nights weekly from the University of San Francisco. But then Pop Asbelle is going to show up on television in the near future when he and Dr. Woodstein, and of course the wonderful things that are happening in NPRL, are spotlighted on FOCUS.

Marine Liaison is losing the only girl ever assigned here. SGT Ginny Foster has been around since July but will soon be on her way to Quantico, Va. Why? To join her marine husband, of course, who is GYSGT Jerry Lewis.

Retired Chief Machinist Mate Joseph Myers asked to be put on THE OAK LEAF mailing list. He helped form the James W. Warner Branch #241 Fleet Reserve Association. Must have done a powerfully good job of it as membership is now 278. Meetings are the 1st and 3rd Mondays at the Veterans Building, Main Street, Hayward.



MRS. NORMA L. BELL, President of the San Francisco East Bay Women's Council of the Navy League of the U.S., presents a check to RADM Henry Sparks "to be used where needed." [It was hinted that the Medical Library might be a main area of need.]

Vivian Miranda, employee in the steno pool of Patient Affairs for some 10 years and a government employee since 1943, on Thanksgiving Day lost her long struggle against cancer.

THE RED CROSS warns especially against competition among children or even adults to see how long they can hold their breath and stay under water.



CAPT ALBERT SOLGAARD arrived on Dec. 1 to assume duty as the new Chief of Outpatient Service.



Gifts--

New Drapes Adorn 9-West Solarium

Patients at Naval Regional Medical Center, Oakland, have recently proved that the months of November and December are truly the months for the giving of thanks and the giving of gifts.

Because Mrs. Van Bouington of San Jose was grateful for the care received at the naval facility, she decided she wanted to say "thanks." As a result, the solarium on Ward 9-West of the hospital has a wall of beautiful draw drapes. The material for the drapes was furnished by Mrs. Bouington, and the skill, time and labor in making them was donated by Goldeens Home Furnishings of San Jose.

Doctors, nurses and corpsmen are expected to give much of themselves in a professional way, not thinking of a return. Quite often they give of themselves in an emotional spirit of empathy too. But patients are caught in a place and time not of their choosing, and not much is expected, even ingratitude is understandable.

However, another patient, Mrs. Ann Morgan, of San Leandro, has also proved that receiving and sharing are not one-way streets. As an expression of gratitude for health care received, she chose to donate three trees to the hospital "in the name of patients to a dedicated staff." The idea then seemed so worthwhile that from her wheelchair she gave other patients the opportunity to contribute to the beautification of the hospital lawns. There are now 25 new trees—flowering cherry, scotch pine, red flowering gum—planted between the roadway and the walkway at Naval Regional Medical Center.

- Commendation**
HM2 JOHN H. STRYKER
- Reenlistment**
HM1 DAVID R. JACKSON, for 6 years, 3rd reenlistment. Member works in Education and Training.
- Navy Good Conduct Award**
HM2 DAVID H. POWELL, JR.



HEY, GOODLOOKINGS! ARE YOU ADVANCEES!
THE PHOTO LAB made each of you advancing on Nov. 18 a picture to send home to Mom; and you may have one by dropping into Special Services. [Do you suppose Mom will recognize that bid of humanity hiding behind the post?]

Scenes by the Sidelines

By RON BROWN

FOOD SERVICE KICKS OFF 1974-75 INTRAMURAL BASKETBALL SEASON WITH A 48-39 WIN OVER 9th DECK

With Jack Lundberg paving the way with 16 points on 8 field goals, the Food Service team under Hank Reed opened up the 1974 basketball season with a commanding 48-39 defeat of the 9th Deck.

Along with Lundberg's 16 markers, Food Service had three other men in double figures. Scoring 10 points each was Ed Henderson, Roger Cantwell and Dave Loman.

Scoring in double figures for 9th Deck was Vic Velasco with 13 points, Gene Weeks and Ken Mayes each with 12 points.

In other games last week: OB/Anesthesia defeated Internal Medicine by a score of 35-27. Team Captain Dick Tirrell led the winners with 8 points. John Verkleeren copped scoring honors in the game with his six field goals, good for 12 points.

Dental squeaked by CIC by a score of 30-25 with Gary Sawdy garnering 8 points for the winners. Bob Johnson led the losers with 10 points.

In one of the most hotly contested games, ENT battled BEQ with ENT coming out on top 55-37.

Dave Powell led all scorers with 18 points, followed by Jerome Connerly with 15 points.

PMT defeated OR 42-25, and Personnel easily defeated Lab by a score of 59-47.

INTRAMURAL BASKETBALL STANDINGS.

(As of Dec. 5, 1974)

Teams	W	L	Pct.
Recovery Room	2	0	1.000
OB/Anesthesia	2	0	1.000
Dental	2	0	1.000
ENT	2	0	1.000
Personnel	2	0	1.000
Food Service	1	1	.500
PMT School	1	1	.500
CIC	1	1	.500
Lab	1	1	.500
9th Deck	0	2	.000
Prosthetics	0	2	.000
Internal Medicine	0	2	.000
BEQ	0	2	.000
OR	0	2	.000

STANDARDS OF CONDUCT STILL APPLY

With 1975 only a few weeks away, personnel offices recommend a review of Standards of Conduct for government employees.

Federal employees, both military and civilian, are morally obligated to conduct ourselves on and off the job in such a manner as to merit and retain the public's utmost confidence.

—Employees will refrain from private business or professional activity in conflict with public interest, or which even gives such appearance. Ethical standards require that they avoid the use of inside information for private gain or coercion.

—Public office shall not be used for private gain; and preferential treatment which in any way impedes the efficiency or economy of the government is to be avoided.

—Solicitation or acceptance of gifts, gratuities, favors, entertainments, loans or anything of value from one with whom the government transact business is prohibited.

Nominal gifts on special occasions of

marriage, illness or retirement are permitted; however, solicitation for presents or contributions to officials in senior positions are prohibited.

—There is a positive duty to protect and conserve and not to use government facilities, property or manpower for other than officially approved business and activities.

—Civilian and military personnel on active duty are prohibited from using their titles in connection with any commercial enterprise or product.

—Personnel shall not engage in outside employment or other activity which interferes with the performance of government duties.

—Gambling, betting and lotteries are prohibited while on government-owned or leased property or while on duty for the government.

—Financial obligations are to be paid in a proper and timely manner.

THREE YEARS ago NPRL put out an SOS for old nylon hose, which they use for the donning of prostheses. The supply is now down to nil, and they'll even be happy to receive old panty hose.

Next Week's Games for DEC. 10

CIC vs PMT—5:30 p.m.
BEQ vs Food Service—6:30 p.m.
ENT vs OB/Anesthesia—7:30 p.m.

GAMES OF DEC. 11

Dental vs 9th Deck—5:30 p.m.
NPRL vs OR—6:30 p.m.
Internal Med vs Personnel—7:30 p.m.

Recovery Room vs Lab—8:30 p.m.

12ND RACQUET BALL CHAMPIONSHIPS

A single loss elimination tournament will be in effect on Jan. 8-10, 1975, at Naval Air Station, Alameda, at 1 p.m. We will enter a maximum of four singles and two doubles.

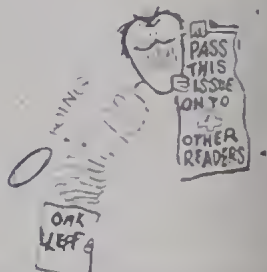
Deadline for entries is Dec. 30. Get in touch with Ron Brown, ext. 2350.

For a fuller explanation of the Code of Conduct for employees, please inquire of Civilian Personnel Service.



THERE ARE MANY WAYS to carry on the air conditioning of a building, and a helicopter lift to the roof is just one of them. Next time you notice the copter hovering in the same spot, don't ask "Why?" Just pray that a line doesn't break.

MAKE CERTAIN the right person is beneficiary on your G insurance policy; otherwise, you may add to emotional stress of survivors when it is discovered the intended beneficiary was not named on the policy, the Veterans Administration advises.



Movie Schedule

Monday, Dec. 9
PAPER MOON—Ryan O'Neal, Tatum O'Neal—Comedy (PG)

Tuesday, Dec. 10
PARALLAX VIEW—Warren Beatty, Hume Cronyn—Suspense Drama (R)

Wednesday, Dec. 11
THE GRAVY TRAIN—Stacy Keach, Frederic Forrest—Action Comedy (R)

Thursday, Dec. 12
S+P+Y+S—Donald Sutherland, Elliott Gould—Action Comedy (PG)

Friday, Dec. 13
VARIETY SHOW at 6:30—FREE
MOVIE TO BEGIN at 7:45
KANSAS CITY BOMBER—Racquel Welch, Kevin McCarthy—Action Drama (PG)

Saturday, Dec. 14
THE NEPTUNE FACTOR—Ben Gazzara, Yvette Mimieux—Science Fiction (G)

Sunday, Dec. 15
TALES THAT WITNESS MADNESS—Kim Novak, Jack Hawkins—Horror Drama (R)

Monday, Dec. 16
THE SPOOK WHO SAT BY THE DOOR—Lawrence Cook, Janet League—Drama (PG)

Tuesday, Dec. 17
NO MOVIE—Show put on by Veteran Hospitals' Christmas Committee—FREE

Wednesday, Dec. 18
USO VARIETY SHOW

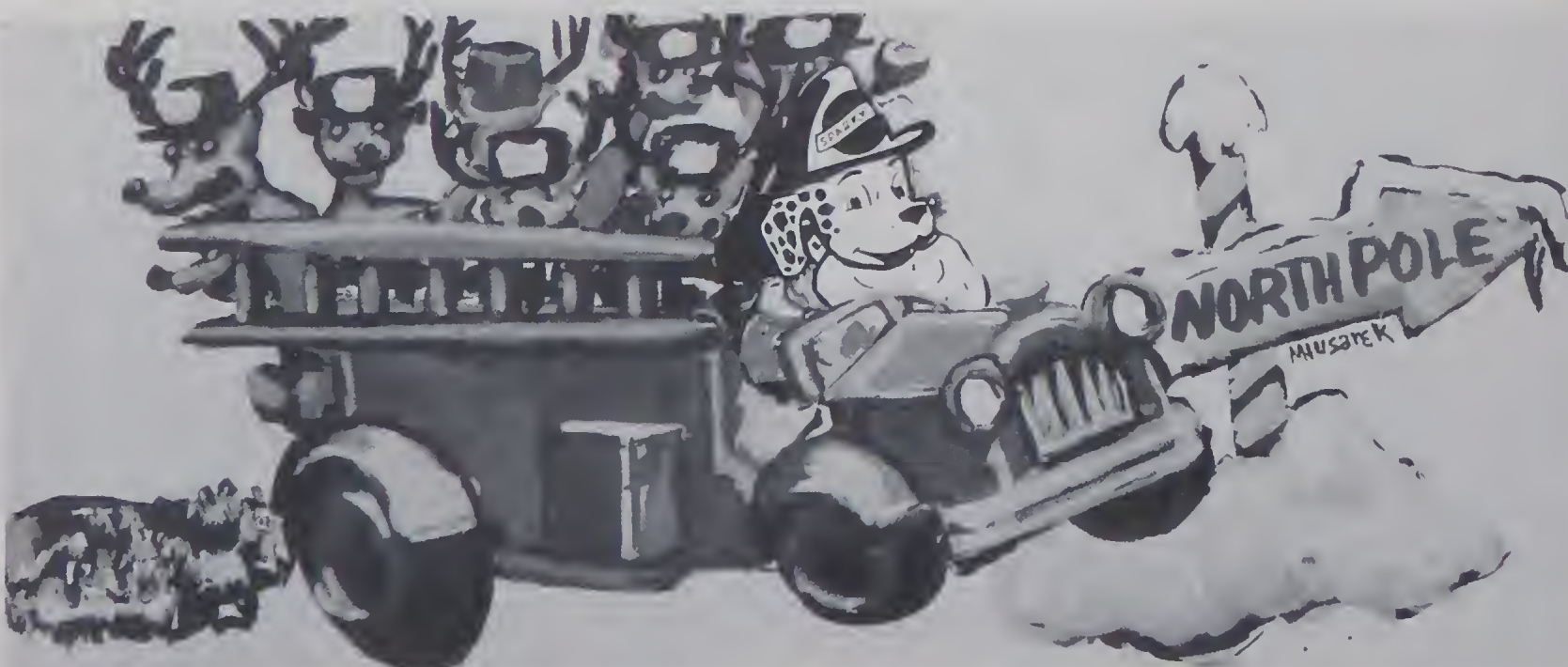
Thursday, Dec. 19
THE EXORCIST—Max Von Sydow, Eileen Burstyn—Horror Drama (R)

Friday, Dec. 20
BEN—Lee Harcourt Montgomery, Rosemary Murphy—Suspense Horror (PG)

Saturday, Dec. 21
THE WAY WE WERE—Barbara Streisand, Robert Redford—Love Story (PG)

Sunday, Dec. 22
THE FIRST CIRCLE—Gunther Malzacher, Albieta Szyzewska—Drama (R)

*THE EXORCIST will be shown twice, first at 6 p.m. and the last show at 8:15 p.m. This program is rated "R"—Restricted, under 17 requires accompanying parent or adult guardian. This restriction will be strictly enforced.



SANTA'S HELPER, SPARKY, made an early visit to NRMCO-land and decided that things were fire-safety okayo. Everyone seemed to be taking adequate precaution with trees, lights and decorations. He was able to pack his reindeer and take off back to the North Pole to continue preparation for Santa's later return, loaded with gifts, on Dec. 25.

The OAK LEAF

NAVAL REGIONAL
MEDICAL CENTER, OAKLAND
Vol. 36, No. 24
Friday, December 20, 1974

Message of
Commanding Officer
To each and everyone,
may I extend
my personal
best wishes for a
most joyous and
blessed Holiday.

May you enjoy
Good Health,
Happiness
and Prosperity
throughout
the coming year.

H. A. Sparks
RADM H. A. SPARKS, MC
Commanding Officer

LET'S COORDINATE
FOR A HAPPY NEW YEAR.

R. C. Drips
CAPT R. C. DRIPS, MC
Regional Health Care Coordinator

*It's not necessarily
illegal for you to
Have a Merry Xmas!*

Philip H. Robinson
LTP H. ROBINSON, JAGC, USNR
Staff Judge Advocate

*God Rest You Merry
and
Happy Holidays —*
GE Gorsuch
CAPT G. E. GORSUCH, MC
Deputy Commanding Officer

*Nancy and I have had
a year of love, peace,
happiness and contentment.
May all our staff, patients,
friends and family have
the same this season
and in the New Year.*

Emory J. Hatch
LCDR E. J. HATCH, MSC
Director of Administrative Services

Nancy Jacques Hatch
CDR NANCY JACQUES HATCH
Operating Room Supervisor

*Hope every day of
the holidays is a
happy day for you!*
EB Miller
CAPT E. B. MILLER, MSC
Executive Officer

**CATHOLIC MASS**

Christmas Eve—9:00

Christmas Day—8:30—Chapel of Hope
12:00 Noon—St. Luke's Chapel**PROTESTANT**

Christmas Eve—7:30—Communion—St. Luke's Chapel

*May the Christmas Tree remind you of
the true meaning of Christmas.*

John E. Thompson

The Oak Leaf

CAPT J. E. THOMPSON, CHC
Religious Activities Service

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Executive Officer
LCDR Emery J. Hatch, MSC, USN, Director of Administrative Services,
Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 R. L. Juschka

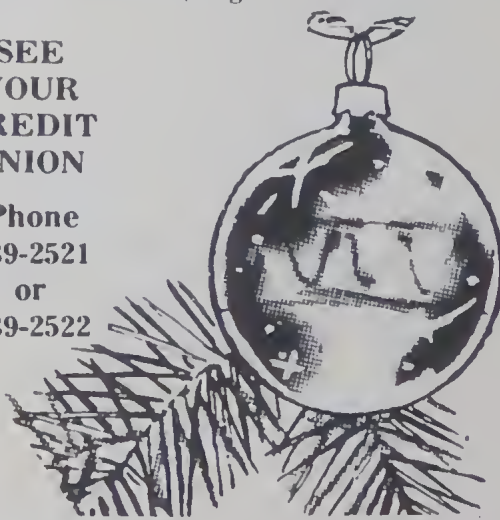
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THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Regional Naval Medical Center, Oakland, California 94627.

SEE YOUR CREDIT UNION

Phone
639-2521
or
639-2522



Born at . . .

Staff babies born at Naval Regional Medical Center, Oakland, on Nov. 21, 1974, B. J. Tibbett, 8 pound son of Sherryl and HA Billy J. Tibbett . . . on Nov. 23, Jeremy Joel Ahrens, 7 pound, 9 ounce son of Susan Lorraine and HN Brent E. Ahrens . . . on Nov. 25, David Alan Castor, 6 pound son of Sandra Kay and LT Kenneth C. Castor, Jr. . . on Dec. 7, Shawn Lynn Griffith, 6 pound, 8 ounce daughter of Linda Suzette and PQ Norman D. Griffith . . . on Dec. 7, Shane Franklin Heist, 6 pound, 13 ounce son of Patricia and HM2 Gary Heist . . . on Dec. 7, Amy Diane Jones, 8 pound, 9 ounce daughter of Donna Kaye and HM2 Harold C. Jones . . . on Dec. 9, Nicky Leigh Bohorfoush, 6 pound, 5 ounce daughter of Frances Edna and HM1 William M. Bohorfoush . . . on Dec. 11, John Boyd Pittard, 8 pound, 3 ounce son of Carol and LT Joel C. Pittard.

SEVEN PERCENT DIVIDEND DECLARED

The Alameda Coast Guard Federal Credit Union again paid a seven percent dividend on accounts. The dividend will be credited to members' accounts as of Jan. 1, 1975.

Insurance coverage of members' share (savings) accounts has been raised from \$20,000 per individual to \$40,000. A family of four could arrange for share insurance up to \$560,000.

PEOPLE HELPERS PRAISED

Make a list of what you have done this past year to promote the betterment of the political, economic and social environment of your community. Feel ashamed?

At least some of the citizenry of the NRMCO community need not blush.

Mrs. Hazel Harlow is one who has faced her community challenges right on. She is involved in so much volunteer work it is a wonder she found time to go East for Christmas.

Since 1948 she has been extremely active in the Laurel Methodist Church of Oakland, having chaired 15 different positions. She's president of the East Bay Association of Eastern Star (a fraternal organization) and has been Worthy Matron of her own chapter. As Exalted Matron of the Royal Order of Caritos, whose projects are devoted entirely to charity, she has helped fill many gaps for the handicapped.

When her daughter was growing up she served her share on PTA boards and as sponsor to the Rainbow Girls, not to mention Girl Scouts of America. But her "caring" has not stopped with projects for the young; she devotes many hours to convalescent homes of the aging also, and as American Red Cross chairman of a group of ten, all past age 90, she proves her vital interest in gerontology.

Moving on to encompass the whole of community participation, let's not neglect to mention the years devoted to civilian defense and the specialization in community preparedness with the Women's Auxiliary Police Corps of the City of Oakland. And as leader of Crestmont Group #3 Home Alert force she has certainly helped make the public more alert to neighborhood crime. The outline could go on. She has worked for years taking handicapped, ill and aging voters to their precincts to vote. And so forth, and so forth.



Mrs. Hazel Harlow

There hardly is room to mention the impressive array of domestic action activities performed by others of the NRMCO staff.

Mr. Charles Asbelle

Consider that the BART System might not have had elevators installed for physically handicapped persons had it not been for Charles Asbelle who works as a member of the Architectural Barriers Committee. Plus being on the Oakland Public Schools Speakers' Bureau to discuss with students the social acceptance of amputees and other physically impaired people. And so forth.

ENT Group

And then there is that group of doctors from ENT, CAPT T. F. Miller, CDR P. R. Burkett, CDR C. G. Strom, LCDR R. S. Bauknight, LCDR C. R. Stasney, LCDR R. E. Swain, LCDR M. K. L. Pang, who serve without salary as attending staff at the Alameda County

Hospital and are part of the consulting staff at the Fairmont County Hospital. Dr. Strom and LCDR K. E. McReynolds give 400 to 500 physicals to Little League players each spring; and then there's LCDR L. A. Lisska, who lectures and provides medical care at the Berkeley Free Clinic.

Mrs. Virginia Cheatham

Some OAK LEAF issues back we listed the impressive record of Mrs. Virginia L. Cheatham, LVN, in her community action participation. Praise to her still!

CDR W. Deignan

The Stable Finger of Pride could also point to CDR W. Deignan, NP Service, who helps out so actively with Little League and in many other areas of youth work.

Have we nominations for next issue's spotlight on people helpers? Perhaps from time to time we can pause to sing their praise.

GEORGE'S GIRLS ENTERTAIN



GEORGE CANTOR JOLSON JESSEL'S USO Troupe gave forth in Ooo-la-la fashion Dec. 18 to a full house. Jessel's girls were just one group who came aboard to make life more pleasant for patients and staff. Thanks to all and best wishes to each of them for the holidays and the coming year.



'Military Clauses' Should Be In Leases

Every Navy family should insist that a "military clause" be inserted into their lease. This clause generally states that the tenant can terminate the lease with little or no loss of deposit money.

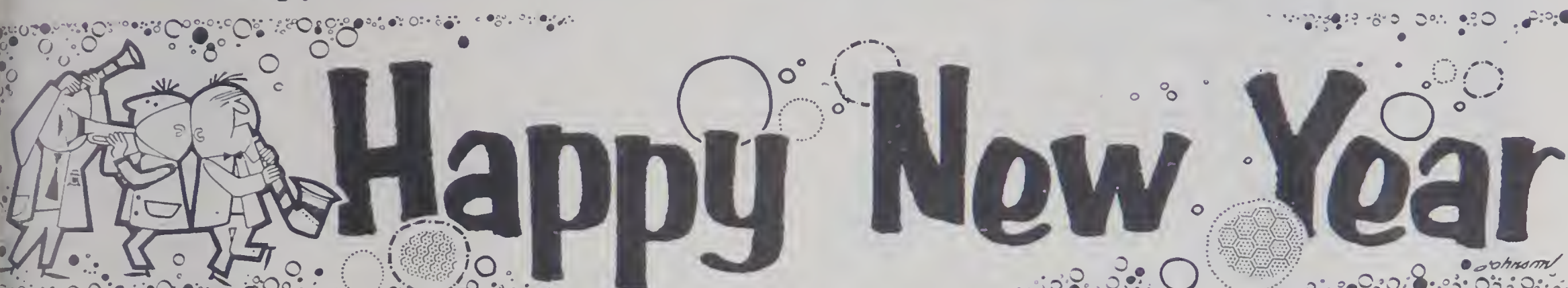
The wording of the clause may permit the tenant to end the lease on 30 days written notice to the landlord for any of the following reasons:

1. If the tenant receives permanent change-of-station orders to depart from the area where the premises are located.

2. If the tenant is relieved from active duty.

3. If the tenant has leased the property prior to arrival and his orders are changed to a different area before moving in.

Usually, to exercise any of these options, the tenant is required to forfeit a small portion of his deposit to the landlord. See your legal assistance officer for further details.



Movie Schedule

Friday, Dec. 20

BEN—Lee Harcourt Montgomery, Rosemary Murphy—Suspense Horror (PG)

Saturday, Dec. 21

THE WAY WE WERE—Barbra Streisand, Robert Redford—Love Story (PG)

Sunday, Dec. 22

THE FIRST CIRCLE—Gunther Malzacher, Alzbieta Szyzewska—Drama (R)

Monday, Dec. 23

SOYLENT GREEN—Charlton Heston, Edward G. Robinson—Futuristic Drama (PG)

Tuesday, Dec. 24

NO MOVIE—Christmas Eve

Wednesday, Dec. 25

NO MOVIE—Christmas Day

Thursday, Dec. 26

BLACK EYE—Fred Williamson, Rosemary Forsyth—Mystery (PG)

Friday, Dec. 27

THE GREAT GATSBY—Robert Redford, Mia Farrow—Drama (PG)

Saturday, Dec. 28

BANG THE DRUMS SLOWLY—Michael Moriarty, Robert De Niro—Drama (PG)

Sunday, Dec. 29

BOOT HILL—Terrence Hill, Victor Buono—Western (PG)

Monday, Dec. 30

SLEEPER—Woody Allen, Diane Keaton—Comedy (PG)

Tuesday, Dec. 31

NO MOVIE—New Year's Eve

Wednesday, January 1

NO MOVIE—New Year's Day

Thursday, Jan. 2

DAISY MILLER—Cybil Shepherd, Barry Brown—Comedy Drama (G)

Friday, January 3

THE TERMINAL MAN—George Segal, Joan Hackett—Suspense Drama (PG)



Between hours 9 and 11 a.m., building 101, in the area of the loading dock by the Post Office is the time and place for pet immunizations. Questions? Call HM2 Gombasy, ext. 2584.

Pet Immunization

MARK YOUR CALENDAR NOW

For Feb. 4, 1975

DAILY YOU ARE CREDITED with 86,400 seconds; you cannot recoup lost seconds; you cannot draw against tomorrow's supply. Invest each second so as to gain the utmost in health, happiness and success.

A COMFORTING THOUGHT: Each morning another 86,400 seconds may be deposited in a Full Life Account.

HAVE YOU REVIEWED YOUR WILL within the last 12 months, or since divorcing, remarrying, or becoming a parent? Or do they call you The Eternal One? Maybe you won't ever die.

At Crew's Library

The Wind At Morning—James Vance Marshall. A fictional, but accurate, account of Magellan's 3-year cruise around the world. Told through the voice of his cabin boy.

Remembering Bix: A Memoir of the Jazz Age. Ralph Berton.

Who Speaks For Earth? Barbara Ward. (Ecology)

The New Harper's Bible Dictionary. Madeleine Miller.

The Super Handyman's Big Bike Book. Al Carrell.

Tetrasomy Two. Oscar Rossiter. A first year resident at a psychiatric hospital finds himself obsessed with a nurse and a catatonic patient. (Fiction)

The Californios. Lois L'Amour. The Mulkerin family, Irish and proud, struggle to hold on to their ranch at Malibu in Spanish California. (Western)

The Black Book. Harris, Middleton Harris and others. Many pictures. History of Black people in America.

Stay of Execution. Stewart Alsop. Biographical. Written in 1971 after he learned he was going to die from incurable leukemia.

Mirror, Mirror, Fatal Mirror. Hans Santesson, ed. Mystery writers of America annual anthology. (Detective)

The Chiefs of the Services



May your Holiday
gleam clean! bright!
and glossy!

J. W. McKean
CAPT THOMAS W. McKEAN, DC
Dental Service

Have a rash of good
luck in days ahead,
and skin through to
a safe New Year!

E. Carson
CAPT THOMAS E. CARSON, MC
Dermatology Service

Merry Christmas, and
may your New Year
be a gasser!

J. L. Steffenson
CAPT JOHN L. STEFFENSON, MC
Anesthesiology Service

May the season test
100 proof positive!

M. Borowsky
CAPT MELVIN BOROWSKY, MC
Laboratory Service

The prescription
reads,
JOY TO THE WORLD!

J. W. Davis
CAPT JOHN W. DAVIS, MC
Medicine Service

Happy Gestaltis!

R. W. Steyn
CAPT ROLF W. STEYN, MC
Psychiatry Service

Help us enjoy our
holidays.

Why don't you wear seat belts?

G. F. Martin
CAPT GEORGE F. MARTIN
Neurosurgery Service

Tender Loving Care
will nurse you thru
the holidays and
year following.

Kathryn E. Zabel
CAPT KATHRYN E. ZABEL, NC
Nursing Service

May your vision
of the New Year
be happy!

Philip T. Briska
CDR PHILIP T. BRISKA, MC
Ophthalmology Service

May your labors
for the coming year
be productive.

Robert L. Baker
RADM ROBERT L. BAKER, MC
Obstetrics & Gynecology Service

Use Oak Knoll or CHAMPUS, and be of good cheer,
HAPPY CHRISTMAS to All, and a HEALTHY NEW YEAR!

A. L. Solgaard
CAPT ALBERT L. SOLGAARD, MC
Out-Patient Service

Hear ye!
Hear ye!
May the season ring
in LOUD AND CLEAR!

T. Miller
CAPT THOMAS F. MILLER, MC
Otorhinolaryngology Service

We are aspirin-g to
serve you better in
the coming year!

A. R. Petoletti
CAPT ANGELO R. PETOLETTI, MSC
Pharmacy Service

With hot foods Hot, and
cold foods Cold, your
Holiday Season will be
as good as gold!

C. W. Halverson
CDR CHARLES W. HALVERSON, MSC
Preventive Medicine Service

"Have you seen
elevator?"

Perhaps the popular
Casey's elevator is surpass-
ed by that of Casey him-
self before the halls of Oak Knoll
decked with holly, Casey's
was spreading the
Christmas cheer. Nurses
willing to stand a bit long-
er; on; and its merrie opera-
tions brought smiles to many
just wheeled in from the op-
erating room, who maybe didn't re-
ally like smiling.

Being elevator operator

May all your b-
be good one-
Leave the rest

J. F. Miller
CAPT J. F. MILLER

May we all see
sincerity of

May rays of hope
illuminate your life
in the coming year.

Try operating for
a glad New Year!

Miguel Nieves, Jr.
CAPT MIGUEL NIEVES, JR., MC
Radiology Service

V. N. Fitchett
CAPT VERNON H. FITCHETT, MC
Surgery Service



Happy New Year

May tinkle bells
chime for you
all year long.

Gilbert A. LeBlanc
CAPT GILBERT A. LeBLANC, MC
Urology Service

David Wallin
CDR J. DAVID WALLIN, MC
Director, Clinical Investigation Center

Physically and
financially, we wish
you MERRY CHRISTMAS

R. F. McCullagh
LCDR R. F. McCULLAGH, MSC
Comptroller Service

The data's in. The readout is a
MERRY CHRISTMAS and a HAPPY NEW YEAR!

J. R. Steiner
LT J. R. STEINER, MSC
Data Processing Service

Make peace, Not war!

I. D. Howard
LT I. D. HOWARD, MSC
Military Personnel Officer

Let your New Year's
Resolutions provide
food for thought.

A. T. Antonopoulos
LCDR A. T. ANTONOPOULOS, MSC
Food Management Service

Paging All Hands!
HAPPY HOLIDAYS!

D. W. Fowler
LT D. W. FOWLER, MSC
Operating Management Services

Don't you
HO! HO! HO! me,
you jolly ole' man!

J. D. DeLaughter
LCDR J. D. DeLAUGHTER, MSC
Recreational Services

Do someone
a Special
Service
this season!

Gene D. Hart
ENSG. T. HART, MSC
Special Services

E. Dierckman
LTJGT. E. DIERCKMAN, CEC
Public Works Service

Be patient--Cater
service in your
seasonal affairs.

C. R. Dekrey
LCDR C. R. DEKREY, MSC
Patient Affairs Service

May a bountiful supply of
PEACE ON EARTH be yours!

F. D. Gillespie
LCDR F. D. GILLESPIE, MSC
Supply Service



CAPT JAMES W. HAYES, MC
Pediatric Service

MR. WOODROW ROBARGE
Civilian Personnel Service

Be a service; be civil to others!

Woody Robarge

Casey's job, nor does his
include dressing in a
and manning ol' #6 from
p.m. many afternoons to
bubble gum to little
Patient and staff
too, receive a happy

wonder that MM3 (SS)
Casey has many fans tying
telephone lines night
that our own Kris
be featured on these
even if this one does
from Oklahoma and not the
ole.

faith and
the coming year.

RESOLVE ?

... to Participate More Actively in Community Affairs???

WHAT CAN YOU DO?

Only you can answer that question. Only you know your interests, your talents, your skills. In short, you know why you should help and what you can do best.

Here are a few suggestions on how to get started.

—Find out more about your community and its present needs. Consult your local news media to keep up with the latest developments.

—Use your information to stop half-truths and rumors. Let others know what really is happening and what needs to be done.

—Express your opinion to your elected officials and others who are responsible for planning and guiding community improvement.

—Exert your leadership in your clubs, church and other organizations that depend on you. When they consider projects, focus their attention on the needs of the community.

—Discuss your community situation with your family, friends, neighbors and others. One good idea leads to another, and you might provide the spark that gets a good thing started.

—Seek opportunities to help in community service. Don't wait for an invitation. It doesn't work that way. Start now by contacting the organization in your community that coordinates volunteer services.

—Make the time. There are many reasons why you should help, but the best reason is the one you have.

—reprint from Bethlehem Steel

Community Action Spreads

Preventive Medicine this fall carried their work into the communities of San Jose and Santa Clara and set up immunization (flu) clinics for senior citizens.

Efforts of the workers did not go unnoticed, and the Command presented Letters of Appreciation

WINTERIZE—PUT ON THE LAYERED LOOK.

ADJUSTING THE thermostat in your home and office downward not only assures better health, it also will mean fuel conservation resulting in a financial savings. A mere two degree increase or decrease from the usual 70 degree setting will affect the operating cost of the system by 10 per cent.

Set your thermostat at 68 degrees for health and conservation.

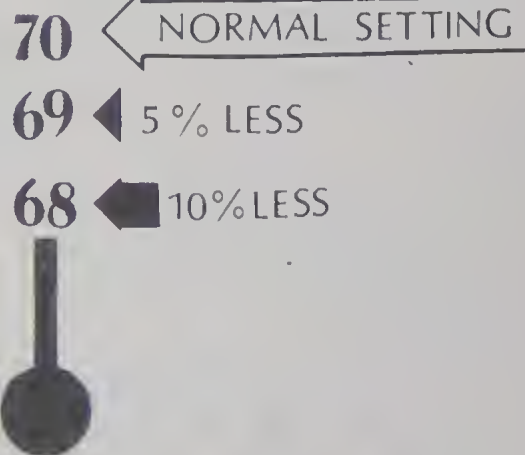
to the following: HM1 Samuel Hutcheson, HM2 Roger Hyndman, HM2 George Gombasy, HM1 Vincente Fernandez, HM1 Charles Jefferson and (not pictured) HM2 Michael Cain and HM3 Roger Cathey.

Reenlistment

DT1 CY T. ADELA

4th reenlistment, for 4 years.

Member works in Dental.



MERRY CHRISTMAS

**THE SHORT SHEET****Aliens Are Reminded to Register**

Even though there has been no change of address, aliens are required to report their addresses to the U.S. Immigration and Naturalization Service before Feb. 1.

DOD Recommends Bonus Payments in Installments

It is expected that early in 1975 reenlistment bonuses will be paid in installments over an enlistment period rather than in a lump sum as at present.

Convoy (1943) Information Sought

A historian is writing a book about two World War II Allied convoys, S.C. 122 and HX 229, which sailed from New York to England in 1943 and had 22 of its 104 merchant ships sunk. Send any information to Martin Middlebrook, 48 Linden Way, Boston, Lincs. PE 21 9DS, England.

University College Provides Education Overseas

For a quarter of a century, University College has been providing higher education to Americans stationed abroad. Information and application forms can be obtained from Far East Division, the University of Maryland, European Division, APO New York 09403 or Far East Division, APO San Francisco 96526.

New Evaluation Forms Are in Use for E-5s and E-6s

New performance evaluation forms for first and second class petty officers have been implemented for Navywide usage, replacing form 792 in use since mid-1950s. Information contained in the evaluation will be stored in computer banks at the Bureau of Personnel for use by commands and the bureau.

Cigarette Prices To Increase

The 'price of cigarettes at all Navy exchanges will increase on Dec. 26, 1974. This increase is the result of higher cost prices from the manufacturers.

All cigarette suppliers will be charging more for their products as of Dec. 9, 1974. However, the Navy Resale System Office has delayed the increase until after Christmas to afford customers the opportunity of purchasing cigarettes at current prices during the holiday season.

Regular and king size filter cigarettes will be selling for \$3.15 per carton. Non-filter king size and 100 mm cigarettes will sell for \$3.25 per carton.

Single packs of cigarettes will be sold at 35 cents per pack.

Bits and Pieces

Naval Medical Reserve Company 11-3, on Dec. 19, at Treasure Island, was awarded the Meritorious Unit Award. Admiral Sparks and Admiral Anthony A. Braccia, of Naval Readiness Command, were on hand to make the presentation.

There's sort of a heartwarming, all-American feeling received at the entrance to Treasure Island. A sign reads, "Salutes are made and returned with pride on this station."

The officers' wives luncheon was at the Admiral Nimitz Club, and in the midst of a Christmas raffle of house plants the drawing was stopped short as someone rushed in with the announcement, "Carol Pittard has just delivered a boy."

With 11 PGs obviously present at TI, we tried to gather them all together for a picture which someone captioned, "Officers at Oak Knoll have had a busy year." The wives refused to cooperate.

Fritz McKenzie referred to a time BK (before kids) when she used to get all her Christmas cards written BT (before Thanksgiving). Fritz will again be teaching a Yoga class at the "O" Club starting in January. The gal let out a yelp on winning a prize—her first after 5 years of ticket buying, she said.

CAPT Bill Elliot had 16-year-old daughter Allison down near the football field giving her a first driving lesson. His temper held pretty well until Allison killed the engine for the 10th time, then the Captain gave up and went home and poured himself a tall one.

Best yet! The profit from the Christmas Bazaar hit upwards of \$1,000!

About 50 patients led off the holiday season with a tree decorating party at the Red Cross lounge. It was made super-duper pleasant with entertainment provided by the 50-piece Castro Valley High School orchestra. Many of the musicians are near pros or even better, having toured Europe with a youth honor band.

Frequently drop-ins to THE OAK LEAF office do a slight bit of bragging about the educational program at Howard School. Mrs. Anita Williams has three children in the school and is quite pleased with the PTA program and the parents and teachers are working very hard on an improved Early Childhood Education (ECE) Program.

Not a great many weddings take place at our own St. Luke's Chapel, but Lynn Combs and HM1 Michael Gene Broz started a new life together from that base on Sat., Dec. 7, at 6:00 in the evening. Good wishes.



SPORTS

Scenes by the
Sidelines

By RON BROWN

FOUR TEAMS TIED FOR
FIRST PLACE IN INTRA-
MURAL BASKETBALL
LEAGUE

Personnel, ENT, Recovery Room and Dental all have identical records of three wins and zero losses to reign at the top of the 14 team basketball league at NRMCOakland.

Personnel reached the top last week by defeating Internal Medicine by a score of 47-21. Tom Dierckman led all scorers with 15 points on seven field goals and one free throw. John Verkleren led the losers with eight points.

Dental stayed in the race with a 49-39 rout of 9th Deck. Gary Sawdy led Dental's scoring attack with 13 points on six field goals and one free throw. Scoring honors went to Ken Mays of 9th Deck as he scored 17 points on seven field goals and three free throws.

Recovery Room stayed in the unbeaten column with a hard-fought win over Lab by a score of 48-41. Lab led at half time 23-20. The Recovery Room came back in the second half and outscored Lab 28-18 to register the 48-41 win. Steve Baez led all scorers with 19 points on eight field goals and three free throws. Joe Beltran led the losers on an assortment of long jump shots good for 18 points.

ENT served notice that they are going to be tough all the way as they knocked OB/Anesthesia from the unbeaten ranks with a 38-33 win. Dave Powell was the leading scorer with 20 points on seven field goals and six free throws. John Rees led the losers with nine points.

In other games last week, OR defeated Prosthetics by a score of 24-20; CIC handed PMT School their second loss by a score of 37-27; BEQ won their first game in three starts as they outlasted Food Service by a score of 36-34.

WANTED! VARSITY
VOLLEYBALL PLAYERS

The call is for any active duty military personnel attached to NRMCOakland.

Competition starts Feb. 19, 1975; culminating with 12ND championships on Mar. 21-23, 1975, at NAS Moffett Field.

Contact Ron Brown, ext. 2350, for further information.

WANTED! INTRAMURAL
VOLLEYBALL TEAMS

Entry blanks are available at the office of the Athletic Director or in the gymnasium.

Eligibility requirements are that you must be active duty military (male or female) attached to NRMCOakland. If you have not received an entry blank, contact Ron Brown, ext. 2350.

WANTED!
Track and field personnel are wanted. Anyone interested in some early season track and field meets being held at San Jose City College every Saturday morning, starting at 9 a.m., should contact Ron Brown at ext. 2350. Transportation will be provided. Leave NRMCO at 8 a.m. and return by 2 p.m.

The competition will be college and high school. All events are scheduled. The meets will be a good tuneup in preparation for the 12ND track and field meets starting in April and ending in the middle of May.

12ND WRESTLING SCHEDULE
(Invitational)

Dec. 11—7:30 p.m.
Coast Guard Base, Alameda
Jan. 8—7:30 p.m.
Mare Island, Vallejo
Jan. 15—7:30 p.m.
Moffett Field, Mountain View
Jan. 22—7:30 p.m.
Treasure Island, San Francisco
Jan. 29—7:30 p.m.
NAS Alameda, Alameda

Feb. 8—8 a.m.
12ND Championships, Mare Island, Vallejo
Feb. 24-28
West Coast Championships, NAS Alameda

12ND RACQUET BALL
CHAMPIONSHIPS

A single loss elimination tournament will be in effect on Jan. 8-10, 1975, at Naval Air Station, Alameda, at 1 p.m. We will enter a maximum of four singles and two doubles.

Deadline for entries is Dec. 30. Get in touch with Ron Brown, ext. 2350.

Champus Corner

The Department of Defense has issued additional guidelines governing operation of the Civilian Health and Medical Program of the Uniformed Services (Champus). The interim limitation of cost-sharing to 120 days of care on an inpatient basis and 40 outpatient visits per fiscal year for the treatment of nervous, mental or emotional illnesses or conditions is canceled.

All claims for psychotherapy, except for care in special residential treatment facilities for children and adolescents, will be processed under Champus rules for up to 120 days of inpatient care and 60 outpatient visits. All claims for care in excess of these amounts will be evaluated with respect to determination of coverage and extend of care. The process duplicates that used under the high-option provisions of the government service benefit plan (Blue Cross-Blue Shield) of the Federal Employees Health Benefits Program.

With respect to claims for care in specialized treatment facilities for children and adolescents, care beyond 120 days will be professionally evaluated as to the need for the care, the appropriateness of the treatment program, the length of stay, and other professional matters, as well as the reasonableness of the charges. These changes are retroactive to July 1, 1974.

OFFICER HAIL & FAREWELL

Reporting	From	To
LCDR S. Satya-Murti, MC	Inactive	Int Med-Neurology
LCDR Philip D. Green, MC	TAD	Disp NSC, Oakland
LT Peter M. Harding, MC	Inactive	Psychiatry
LT Leslie A. Wilkerson, MC	Inactive	Disp Moffett
LT David Console, MC	Antarctic	Disp Moffett
LT Stephen A. Faherty, MSC	NNMC, Bethesda	PT-OT School
ENS Gary L. Rupp, MSC	NSHS, San Diego	Permanent OOD
Detaching	From	To
LCDR William W. Lukensmeyer	Psychiatry	RAD
LT Stephen C. Butzer	Psychiatry	RAD
LTJG Thaddeus H. Sparkman	Patient Affairs	Com12, TI

NURSE CORPS

Reporting	From
LTJG Marie A. Hughes	Newport, Nov. 19
ENS Mary Cobb	Newport, Nov. 22
ENS Petra Neigisch	Newport, Nov. 20
Detaching	To
LCDR H. J. Higgins	Camp Pendleton, Dec. 4
LT Patricia Mailander	Taipei, Taiwan, Dec. 17
LTJG William R. Pentecost	Guam, Dec. 31



30 YEAR LENGTH-OF-SERVICE AWARDS to: Willie Adams, Samuel Carson, Clois Forester, Homer Hunt, Verdia Johnson and Viola Smith (not pictured, Claud Chaney, Samuel D'Zamba and Nadine Hodgins).

... And 20 year length-of-service awards were received by John Blackman, Nancy Clarke, Lynn Gathright, Annie Gayden, Carol Gearhart, Orville Harry, Mary Hopkins, Maria Kelly, Mary Kuechmann and Josephine Wallace.

... And a 10 year length-of-service award was received by Margo Girard.

SEASONS GREETINGS

INTRAMURAL BASKETBALL STANDINGS									
(As of Dec. 18)									
Teams	Wins	Losses	Pct.	Teams	Wins	Losses	Pct.		
Personnel	4	0	1.000	BEQ	2	2	.500		
ENT	4	0	1.000	Food Service	1	3	.250		
Recovery Room	4	0	1.000	PMT School	1	3	.250		
Dental	4	0	1.000	OR	1	3	.250		
OB-Anesthesia	2	2	.500	Internal Medicine	1	3	.250		
CIC	2	2	.500	9th Deck	0	4	.000		
Lab	2	2	.500	Prosthetics	0	4	.000		

Photos, Articles
About Aviation
Pioneers Needed

Help is needed from aviation pioneers or present-day sources concerning historical highlights, anecdotes, photos or anything else which will provide in-depth dramatization of those men and women who have supported the Navy's pilots since the beginning of the air arm. Persons with information should write to the magazine at 801 North Randolph Street, Arlington, Va. 22203.

NAVY OWES VETS MONEY

Spread the news. The Navy is looking for thousands of former members, not because they've done something wrong, but because the Navy owes them money.

In 1972, the President tried to trim the budget by delaying for three months the annual Federal pay raise normally due on Oct. 1. However, Federal courts ruled earlier this year that the action was illegal and that the government had to make good the pay raise for October, November and December 1972.

Navy members still on the Federal payroll received their back pay, but many had since left. Since Oct. 29, the four services have been trying to track down 300,000 veterans—just to give them some money.

MERRY CHRISTMAS...

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Friday, December 20, 1974



HAPPY NEW YEAR

Send Your Copy of THE OAK LEAF HOME

From
Naval Medical Center
Oakland, California 94627

To _____

